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# NELSON MANDELA



Former South African president and Nobel Peace Prize winner Nelson Mandela in 2005. More coverage, page 15.

GIANLUIGI GUERCIA/GETTY IMAGES FILE

**'Our people have lost a father.'** South Africa, world mourn passing of anti-apartheid hero, honorary Canadian and his nation's 'greatest son'

Nelson Mandela was a master of forgiveness.

South Africa's first black president spent nearly a third of his life as a prisoner of apartheid, yet he sought to win over its defeated guardians in a relatively peaceful transition of power that inspired the world.

As head of state, the former boxer, lawyer and inmate lunched with the prosecutor who argued successfully for his incarceration. He sang the apartheid-era Afrikaans anthem at his inauguration and travelled hundreds of miles to have tea with the widow of the prime minister in power at the time he was sent to prison.

It was this generosity of spirit that made Mandela, who died Thursday at the age of 95, a global symbol of sacrifice and reconciliation in a world often jarred by conflict and division.

Mandela's stature as a fighter against apartheid — the system of white racist rule he called evil — and a seeker of peace with his enemies was on a par with that of other men he admired: American civil rights activist Martin Luther King Jr. and Indian independence leader Mohandas K. Gandhi, both of whom were assassinated while actively engaged in their callings.

Mandela's death deprived the world of one of the great figures of modern history and set the stage for days of mourning and reflection about a colossus of the 20th century who projected astonishing grace, resolve and good humour.

Dressed in black, South African President Jacob Zuma made the announcement on television. He said Mandela died "peacefully," surrounded by family, at around 8:50 p.m.

"We've lost our greatest son. Our nation has lost its greatest son. Our people have lost a father," Zuma said. "Although we knew that this day would come, nothing can diminish our sense of a profound and enduring loss."

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# Forced unpaid leave gets bashed at committee meeting

**Reconsider proposals.** Paramedics union concerned over who will be considered 'non-essential'



**BERNICE PONTANILLA**

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The proposed "Wyatt Winter" unpaid days off took a bashing on Thursday, as another city committee debated the 2014 preliminary budget.

The protection and community services committee heard from councillors, city employees, and arts and union groups' representatives on various aspects of the budget.

Chris Broughton, president of Paramedics of Winnipeg, MGEU Local 911, said while essential staff like paramedics won't be required to take the unpaid days off, he fears that city employees they rely on will, thereby affecting the services provided.

When pressed by committee chair Coun. Brian Mayes to provide an example, Broughton said it's as easy as someone who

helps clear snow — if that snow is there, it can cause an accident or injury resulting in a call for an ambulance.

Coun. Paula Havixbeck said the forced unpaid days aren't necessary because the city already has a furlough (unpaid time off) program that many departments simply aren't utilizing.

"I've heard from lots of people saying that they would like to use it and they would like to use it voluntarily, throughout the year, not at Christmas time 2014 when their bills are highest and they're forced to take mandatory time," said Havixbeck.

The committee's vote on the operating budget resulted in a 2-2 tie, which means it goes forward to executive policy committee without recommendation. The capital budget portion was approved by the committee.

Katz and finance chair Coun. Russ Wyatt said during last Friday's budget unveiling that the unpaid leave between Christmas Eve and New Year's Day of 2014 is aimed at "non-essential" staff and would deliver an estimated savings of \$1.5 million.



Chris Broughton, president of Paramedics of Winnipeg, MGEU Local 911, said he is concerned over who would be forced to take an unpaid leave proposed for December 2014. BERNICE PONTANILLA/METRO

## Attempt to defer grant for YMCA all wet

An attempt to delay a \$1.75 million grant towards the construction of three YWCA buildings has failed.

Coun. Scott Fielding, who proposed the motion that would have seen the grant deferred to the 2015 preliminary budget, said the Y's project is still well in the planning

stages, therefore that money could be freed up.

"I'm not opposed to it, I defer it to 2015 'cause I just feel that there isn't (a memorandum of understanding) signed," said Fielding during Thursday's protection and community services committee meeting.

"It's a large amount of money that's there, so I think if we deferred it, it's not going to impact services at all."

The Y project would see three new recreational facilities built over the next 11 years, with the city's one-third contribution pegged at about \$48 million. The Manitoba

government and YMCA are to cover the other two-thirds.

The plan has faced criticism from councillors and representatives of other recreation and leisure groups, who feel that this money could be better spent on fixing city-owned community centres and arenas.

Fielding's motion passed 3-1, with only committee chair Coun. Brian Mayes voting in opposition.

However, since the operating budget ended in a tie vote and no recommendation from the committee, Fielding's motion failed to move forward.

BERNICE PONTANILLA/METRO



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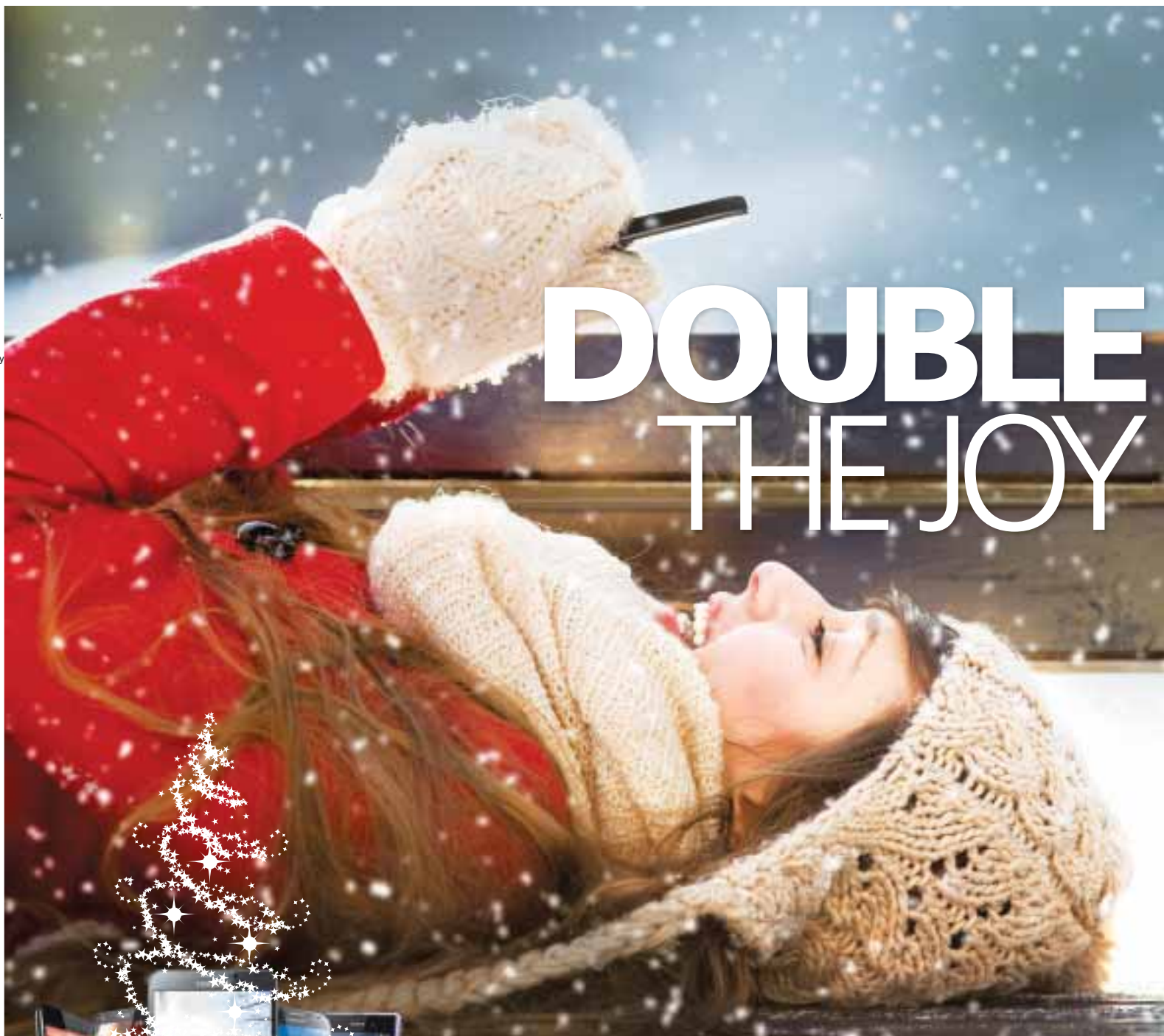
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## In effect since July. Manitoba tax hike finally passed by legislature

Manitoba's NDP government got its controversial sales tax increase approved in the legislature Thursday night as the fall legislature sitting ended, but the fight appears to be far from over.

After months of stalling tactics by the Opposition Progressive Conservatives, the NDP majority pushed through a final vote on the government's budget bill introduced last spring.

Tory house leader Kelvin Goertzen called on New Democrat backbenchers to vote against the tax hike and live up to a 2011 election promise not to raise taxes, but he did not convince anyone.

"Can we find one MLA who will keep their word — just one?" Goertzen said in the chamber.

The bill makes official a tax hike that took effect in July, raising the levy from seven to eight per cent. The bill also suspends a section of the prov-

ince's balanced budget law that requires a referendum for any increase to the sales tax.

Opposition Leader Brian Pallister used the last question period of the fall sitting to accuse the government of breaking the balanced budget law and ignoring Manitobans.

Pallister has promised to fight the tax increase in court. Raising the tax without a referendum, and before changing the law that requires a referendum, is illegal, he said.

Among the other bills which received final approval Thursday:

- New loopholes in the balanced budget law to allow deficits when transfer payments or Crown corporation profits drop sharply.

- Higher fines for motorists who speed in construction zones.

- Loosened regulations on charter bus services, to allow for more competition.

THE CANADIAN PRESS

### Urgent care

## New cancer clinic, helpline unveiled

Manitoba has unveiled a \$40-million urgent care clinic and helpline for cancer patients.

The government says the clinic beside Winnipeg's Health Sciences Centre should reduce wait times and improve communication.

Patients with cancer symptoms or treatment side effects will no longer have to go to a hospital's emergency room or wait for an appointment with an oncologist.

Health Minister Erin Selby says that will also

take pressure off emergency departments.

The province says the helpline has already been operating for a few weeks and nearly 100 calls have come in. It says the average wait time at the clinic is about 25 minutes.

Marnie Ackerman says she could have used the helpline when she was diagnosed with cancer six years ago.

"It's not only scary for the patient, but it's scary for your entire family because all of a sudden life as you know it takes a complete change," Ackerman said.

The number for the cancer helpline is 204-787-8900.

CJOB/THE CANADIAN PRESS

# DNA links inmate to cold sex-assault case

## Never too late.

Police asking public for help in tracking down 2nd suspect involved in 2003 incident



SHANE GIBSON

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A man already behind bars is facing further charges after his DNA was matched to a sample taken from the scene of a decade-old sexual assault case in the Exchange District.

The assault dates back to October 2003, when two men dragged a then 26-year-old woman into an alley on Princess Street, where she was sexually assaulted and robbed.

At the time no matches were found for DNA collected at the scene, but that changed in October, when a man jailed on an unrelated charge gave a sample at Headingley Correctional Centre.

"A sample was submitted to the national data bank and a match came back," said police spokesperson Const. Eric Hofley Thursday.

"It's important that criminals recognize that the lapse of a long period of time does not necessarily mean that you're getting away with the crime."

"And it's nice for victims to know that people are still working and hoping that this type of outcome eventually comes."

On Tuesday, Winnipeg police charged Justin Crow, 34,



Police spokesperson Const. Eric Hofley speaks to media Thursday after a jailhouse DNA sample led to charges this week in a decade-old sexual assault case. SHANE GIBSON/METRO

### Justice catching up

**"It's important that criminals recognize that the lapse of a long period of time does not necessarily mean that you're getting away with the crime."**

Police spokesperson Const. Eric Hofley, on charging a Headingley Correctional Centre inmate in a decade-old sexual assault in the Exchange District.

with sexual assault and robbery with violence.

Crow remains behind bars at Headingley Correctional

Centre, and Hofley couldn't say whether the suspect is co-operating with investigators.

### Have any info?

Police continue to investigate the sexual assault and are asking anyone with information on the identity of the second suspect to call investigators with the Sex Crimes Unit at 204-986-6245 or Crime Stoppers at 204-786-TIPS.



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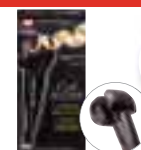
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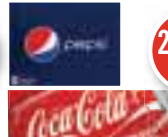
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Janelle Nadeau returns to Manitoba Friday for Winter's Harp at the Pantages Playhouse Theatre. COURTESY OF JANELLENADEAU.COM

# Nadeau eager to return home for Winter's Harp

**'Quite an honour'.**  
Manitoban part of ensemble performing at Pantages Playhouse Theatre Dec. 6

You might think that after numerous appearances in front of hometown crowds the thought of returning again to her musical roots would not have the same appeal for Janelle Nadeau it once did. You'd be wrong. Seriously wrong.

Nadeau, who hails from the tiny Manitoba town of Fannystelle, is part of the Winter Harp

ensemble which will perform Dec. 6 at Pantages Playhouse Theatre.

It is her seventh year touring with the group and the harpist says she can't wait to return home.

"When I was younger I don't think I understood everything, I didn't get the big picture. I was so focused on the notes and not screwing up," said Nadeau, who now lives in Vancouver. "Now I'm able to take a step back and enjoy it a little bit more."

Vancouver-based Winter Harp features an innovative blend of percussion, poetry and singing. The group is celebrating 20 years in style with all of the performers outfitted in au-

thentic medieval costumes.

"It's quite an honour to be part of the group. They're such good musicians and I have so much fun," Nadeau said. "It's a treat to watch as well as listen to."

Nadeau was even a member of pop star Kanye West's backup band a few years ago, an experience she's not likely to forget, but for all the wrong reasons.

"It was so incredibly disorganized. They actually changed the set list on stage," she said. "It was quite the experience."

For more information on Nadeau and Winter Harp visit janelledenadeau.com or winterharp.com. **JIM TIMLICK/FOR METRO**

## Mounties play Santa for kids across Manitoba

Mounties across Manitoba are hanging up their famous Red Serge uniforms and donning red Santa hats to make sure kids across the province have a merry Christmas.

For the fourth straight year officers with the RCMP's "D" Division will hand deliver more than 4,000 pounds of wrapped toys to kids through their Toys for the North Project.

And while the wrapped presents are being distributed provincially, Chief Superintendent Scott Kolody said the bulk of the gifts are earmarked for remote Northern Manitoba communities.

"Our officers really enjoy spreading the cheer and bringing a smile to our children's faces," he told media at the project's launch in Winnipeg Thursday.

"They're the ones living and working in those communities and really have a special bond with a lot of the families and their children."

As well as toys, necessities like diapers and winter clothes will be hand delivered by officers over the next few weeks.

**SHANE GIBSON/METRO**



Staff Sgt. Kevin Mantie, left, and Superintendent Scott Kolody of the RCMP's "D" Division stand among the 4,000 pounds of toys collected by the force that will be distributed through its Toys for the North project. SHANE GIBSON/METRO

**Cost: \$225M**

### Tax increase makes more highway work possible, province says

The Manitoba government has announced plans for more highway work and is pointing to its tax increase for making it possible.

The projects include widening the road base of Highway 6, as well as designing new passing lanes and reworking some of the sharper curves in the road.

There will also be more work on smaller highways in the north — 373 and 374.

Premier Greg Selinger says the five-year plan will cost \$225 million, and the federal government will be

asked to cost-share that amount.

Transportation Minister Steve Ashton says raising the provincial sales tax to eight per cent from seven is a key part of the highway funding.

The sales tax was raised in July, but the law enacting the tax hike was only heading to a final vote in the legislature later Thursday. **THE CANADIAN PRESS**

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A woman and her dog are rescued by the RNLI, or Royal National Lifeboat Institute, Thursday, in Rhyl, Wales, after heavy seas and high tides swept across the area. PETER BYRNE/THE ASSOCIATED PRESS

# Deadly storm pounds Europe

**Damaging winds.** Gusts up to 229 km/h slammed Scotland and paralyzed train service

Hurricane-force gusts hit Britain on Thursday as part of a powerful storm moving across Europe, disrupting air travel, halting trains and leaving tens of thousands of homes without electricity. Accidents linked to the storm killed three people.

Authorities evacuated some 10,000 homes along the eastern English coast after warning that the country could face its worst tidal surge in 60

years. The Thames Barrier — a series of huge metal plates that can be raised across the entire river — was being closed late Thursday to protect London from the surge.

Tidal floods — caused as the storm drives huge amounts of seawater toward the land — were expected in Britain, Germany and Scandinavia, together with freezing high winds from Greenland.

The storm plowed into Scotland overnight, slamming the highlands with gusts up to 142 miles (229 kilometres) per hour. Trains were suspended for much of the day, but began to run fitfully later as some routes were cleared of debris.

**Taking cover**

## 10,000

The amount of homes that have evacuated along the eastern English coast

Rescue teams ferried residents to safety by boat in north Wales, while officials in other areas handed out sandbags and set up emergency shelters.

Transportation troubles were reported throughout northwestern Europe. All flights to and from Copenhagen's international airport were halted late Thursday due to the storm, officials said. **THE ASSOCIATED PRESS**

## Homicide charge. Deadly incident comes back to haunt Bollywood star

Indian movie star Salman Khan will face a fresh trial on a homicide charge for a fatal road accident more than 11 years ago.

Police said that Khan drove his car into a group of people sleeping on a Mumbai sidewalk in September 2002, killing one and injuring four.

The actor was on trial for a lesser offence of causing death by negligence, which carries a maximum penalty of two years in prison.

However, after a magistrate in Mumbai heard the evidence, he invoked the more serious charge of culpable homicide not amounting to murder against the actor in February.



Bollywood star Salman Khan  
RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Khan could face up to 10 years in prison if convicted of culpable homicide. He also

faces charges of negligent driving and causing grievous hurt to the victims.

Khan has pleaded not guilty to the charges and sought a fresh trial, which Judge D. W. Deshpande granted Thursday.

The judge said that all the witnesses would be re-examined.

The pretrial is set for Dec. 23.

"These are far more serious charges, so there should be a fair opportunity (for Khan) to defend himself," his lawyer, Shrikant Shivade, said.

Khan, one of Bollywood's most popular stars, has acted in about 90 Hindi-language films in his 25-year career.

**THE ASSOCIATED PRESS**

**British Columbia**

## B.C. program shows doctors the money

A \$100,000 cash incentive has attracted nine new doctors to take on jobs in rural B.C. It's part of a program developed by the provincial government and the British Columbia Medical Association to get physicians to work in remote areas in the province. The doctors will be serving in Terrace, Chetwynd, Bella Coola, Hazelton, Clearwater, Princeton, Nakusp and Port Hardy for three years. **THE CANADIAN PRESS**

## Growing optimism. Whales stranded near coast move to deeper water

Pods of 35 pilot whales have been moving into deeper water off Florida's southwest coast, raising optimism that the strandings may soon end.

National Oceanic and Atmospheric Administration fisheries official Blair Mase said Thursday the three pods were located nine miles (14 1/2 kilometres) north of their original location and moving offshore. They were in 12 feet (3.6 metres) of water at mid-afternoon.

Mase says anything can still happen, but officials think the whales have a chance to reach their normal deep-ocean range.

She also says 11 whales are dead and five are unaccounted for.

The large group of whales was first spotted Tuesday in very shallow water in Everglades National Park.

Those that died are being studied because they beached themselves.

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## Vatican City. Former priest marries the mother of his child

Thomas Williams, the one-time public face of the disgraced Legion of Christ religious order who left the priesthood after admitting he fathered a child, is getting married this weekend to the child's mother, The Associated Press has learned.

The bride is the daughter of former U.S. Ambassador to the Holy See, Mary Ann Glendon, one of Pope Francis' top advisers. Her daughter, Elizabeth Lev, is a Rome-based art historian and columnist for the Legion-run Zenit news agency, which Williams published for over a decade while he was in the order.

Williams admitted last year that he had fathered a child several years earlier. At the time Williams was the most publicly prominent priest in the 950-strong order. He is the author of such books as 2008's *Knowing Right From Wrong: A Christian Guide to Conscience*, and was a commentator for the U.S. broadcaster CBS. He was the superior of the Legion's general directorate in Rome in the late 1990s and early 2000s.

Williams apologized for "this grave transgression" against his vows of celibacy

### More to the story?

**The wedding closes a circle of sorts, even as it raises some uncomfortable questions:**

- Was Williams already in a relationship with Lev when she became a regular contributor to the magazine he published?
- Who beyond Williams' superior in the church knew about the child while the couple tried to cover it up?
- Did family ties to Williams influence Glendon in her defence of the Legion and its disgraced founder despite credible reports that the founder was a pedophile?

and said he had stayed on as a priest because he hoped to move beyond "this sin in my past" to do good work for the church.

After taking a year off for reflection, Williams left the priesthood in May to care for his son. According to their wedding registry, he and Lev are due to marry on Saturday in the United States. **THE ASSOCIATED PRESS**



## Lions, tigers and liligers!

Six-month-old liliger cub Eva plays in the snow with her mother, Zita, in a zoo in Novosibirsk, Russia, Thursday. The cub's mother is a liger — half-lioness, half-tiger — and her father is a lion, Sam.

ILMAR SALAKHIEV/THE ASSOCIATED PRESS

### Eastern Europe

## Moldova's official language changed

Moldova's Constitutional Court ruled Thursday that the country's official language should be changed to Romanian from Moldovan.

Moldovans and Romanians speak the same language with slight variations due to different historical influences. The language was renamed Moldovan under Soviet rule to separate the country from Romania.

**THE ASSOCIATED PRESS**

## The Boss. Born to Run original lyric sheet sells at Sotheby's for \$197,000

A handwritten, working lyric sheet for Bruce Springsteen's 1975 hit *Born to Run* sold for \$197,000 US on Thursday at Sotheby's.

The document used to be in the collection of Springsteen's former manager, Mike Appel, according to Sotheby's. It did not reveal the identity of either the seller or the buyer, a person bidding by telephone.

Most of the lines in this rough 1974 version, written

in Long Branch, N.J., are apparently unpublished and unrecorded, but the manuscript does include "a nearly perfected chorus," the auction house said.

Springsteen is known to scrawl his songwriting stream-of-consciousness-style in notebooks. There are also some notes in the margins — "wild" and "angels" and a word that looks like "velocity," with the letter T in Springsteen's cursive cursive.

"Although Springsteen is known to have an intensive drafting process, few manuscripts of *Born to Run* are available, with the present example being one of only two identified that include the most famous lines in the song," Sotheby's said.

The *Born to Run* manuscript was included in a sale of fine books and manuscripts. It had a pre-sale estimate of \$70,000 to \$100,000.

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Members of The Royal Canadian Regiment carry the casket at the funeral for Warrant Officer Michael Robert McNeil at the Truro Armouries in Truro, N.S. on Thursday. ANDREW VAUGHAN/THE CANADIAN PRESS

# Brother of dead soldier speaks out

**A matter of life and death.** Help with post-traumatic stress desperately needed for those in the military, Kevin McNeil says

The younger brother of a soldier whose death has raised questions about the Canadian military's treatment of those with post-traumatic stress disorder says mem-

bers of the military need to know help is available if they are suffering.

Speaking before Warrant Officer Michael McNeil's funeral Thursday, Kevin McNeil said PTSD is a problem that is not going to stop, but the risks can be minimized.

"The most we can do is maybe slow it down," McNeil said outside the armoury in Truro, N.S.

"As much money as government is going to pour into this, it's not going to stop. What we can do is

make more people aware, talk to these soldiers, let them know their jobs aren't in jeopardy and we're here for them."

McNeil's death at Canadian Forces Base Petawawa, northwest of Ottawa, is among four recent suicides in the military.

The Armed Forces acknowledges it will be dealing with an increased number of PTSD cases in the next decade as the stress of combat takes hold in those who have returned

from the fighting in Afghanistan.

McNeil, 39, was a member 3rd Battalion, Royal Canadian Regiment.

McNeil said he wants his brother remembered as a family man first and secondly as a hero to his country.

McNeil's coffin was carried into the armoury by an honour guard made up of McNeil's comrades in the Royal Canadian Regiment, assisted by his brother Kevin and cousin Tim McNeil.

During the funeral ser-

## Quoted

**"He gave everything to his country. He was a strong man and will be missed forever."**

Kevin McNeil, brother of Warrant Officer Michael McNeil

vice, Lt. Kendra Mellish, the widow of Warrant Officer Frank Mellish, a soldier killed in Afghanistan in September 2006, gave a

reflection on her friend.

She said after her husband died, McNeil helped care for her children and would meet her when she came back from tours.

"Only seven short years ago, he was in this same position, paying homage to his friend (Frank)," she said.

She offered comfort to McNeil's two daughters, one son and one stepson.

"Be proud of the hero he was," she said.

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# An 'outright lie': Ford denies he offered \$5K and a car for video

## Wiretap revelations.

Deputy Mayor Norm Kelly calls new allegations 'troubling'

Allegations that Rob Ford offered purported gang members money and a car in exchange for a video are an "outright lie," the Toronto mayor said Thursday amid new questions about why police did not arrest him.

Speaking on an American radio station, the scandal-plagued mayor quickly tried to change the topic when asked about the latest claims against him.

"You can talk to my lawyers about it," Ford told The Sports Junkies, a morning show based in Washington, D.C.

"I'm here to talk football, guys. So if you want to talk football, talk football; but if



Toronto Mayor Rob Ford uses a security guard as a shield amid a throng of media at Toronto City Hall on Thursday. CHRIS YOUNG/THE ASSOCIATED PRESS

you want to talk about other things, then unfortunately I'm going to have to let you go."

The latest allegations, which have not been proven in court, are contained in wiretap summaries put together as part of

a guns and gangs investigation that were in a police document released Wednesday.

The intercepts reveal men talking with familiarity about the mayor, and suggest they had supplied him with drugs

and plotted to blackmail him with photographs of him doing narcotics, police said.

Ford said nothing on arrival at city hall Thursday but Deputy Mayor Norm Kelly, who has taken on many of the mayor's

responsibilities, said the latest allegations would not affect city business. Kelly did call allegations that Ford was consorting with drug traffickers and gang members troubling.

THE CANADIAN PRESS

## Councillors want answers

### Why wasn't he arrested?

Deputy Mayor Norm Kelly has called allegations that Ford was consorting with drug traffickers and gang members troubling.

Some city councillors called on investigators to explain why they did not arrest the mayor, but police have consistently said they didn't have sufficient evidence to do so and Ford's status as mayor had nothing to do with it.

Investigators have asked to interview Ford, but he has refused on the advice of his lawyer, Dennis Morris, who called the latest allegations baseless.

THE CANADIAN PRESS

## Woman live-tweets her husband's fatal crash

A Washington state woman who regularly monitors police-scanner traffic unknowingly live-tweeted about her husband's death in a freeway crash.

In a series of gut-wrenching tweets on Wednesday, the Vancouver, Wash., mother first tweeted how horrible it was when she learned someone had died on Interstate 205 near the Oregon border.

Caran Johnson then told

her Twitter followers that she was trying not to panic because her husband, who drives the freeway, wasn't picking up his phone and was late getting home.

"I'm a basketcase," she tweeted.

As the events unfolded, she messaged Washington State Patrol spokesman Will Finn directly, asking whether he had descriptions of the vehicles

involved in the collision. Finn said he didn't, but it struck him as odd so he began looking into the crash.

"I contacted the investigator and we put two and two together. I realized I had a situation on my hands," Finn said Thursday.

Troopers later went to Johnson's home to tell her that her husband, 47-year-old Craig Johnson, had died in the collision. THE ASSOCIATED PRESS



Crews respond to an accident in Vancouver, Wash., Wednesday. Caran Johnson, who regularly monitors police-scanner traffic, unknowingly live-tweeted about her husband's death in the crash. ZACHARY KAUFMAN/THE COLUMBIAN/THE ASSOCIATED PRESS

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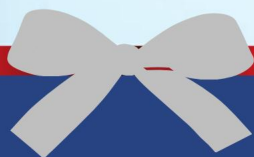
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# C-section forced on mentally ill woman by a British court

**U.K.** Risk of her womb rupturing in delivery; court approved use of 'reasonable restraint' for the surgery

A newly released court judgment says that doctors were medically justified in forcing an Italian woman to have a cesarean section last year because it was in her best interests.

At a hearing of Britain's Court of Protection in August 2012, Justice Nicholas Mostyn declared doctors should be allowed to force Alessandra Pacchieri, 35, to have a C-section because a natural delivery risked rupturing her womb.

There were also concerns

that if Pacchieri was uncooperative when she went into labour, doctors would be unable to monitor the baby's heartbeat and to see whether Pacchieri's womb might rupture.

In his decision, Mostyn authorized the use of "reasonable restraint" to perform the C-section safely.

Pacchieri previously had two elective C-sections and suffered from "a significant mental disorder which is psychotic in nature," Mostyn wrote in his declaration. She had been detained in an east London hospital for several weeks before having the C-section.

The Court of Protection makes decisions for people deemed unable to decide for themselves.

It said the ruling was released because of public in-

## Quoted

**"A predictable home could only be secured by way of adoption."**

A British court ruled in February, although the mom "very much wished" to parent the baby girl, the ruling said.

terest in the case.

Pacchieri is now contesting a British decision to put the child, a girl, up for adoption.

Pacchieri's name was disclosed in a press release by her lawyer Stefano Oliva, which said she will appeal against her baby's adoption.

At the hearing on forcing a C-section evidence was submitted from a psychiatrist detailing her psychotic episodes and delusional beliefs.

THE ASSOCIATED PRESS



## Demo halted for Thai king

An anti-government protester holds a picture of Thai King Bhumibol Adulyadej as prayers are said during a celebration of his 86th birthday at the democracy monument which protesters have been occupying in Bangkok. Protesters agreed to halt their activities to pay respect on the king's birthday. ED WRAY/GETTY IMAGES

## Kawartha Lakes, Ont.

## Mystery woman leaves 'uranium' with police; no ID

Police are looking for a woman who walked into a police station with a container labelled "85 per cent uranium."

Kawartha Lakes Police say she was asking for advice on how to dispose of it. Cops believe the material came from a Kirkland Lake mine where her grandfather worked.

THE CANADIAN PRESS

## Social media plea

## Lost suitcase with gifts returned

A Regina woman who lost her suitcase on the highway is no longer singing the blues. Trina Owens reached out on social media and Kijiji after her suitcase fell off a truck. It was full of Christmas presents from a U.S. trip. Her plea paid off when the case was returned.

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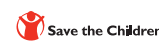
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# Great suffering, enormous need



Ottawa nurse Janique Gagnon helps vaccinate a child in the Central African Republic. CONTRIBUTED

**Médecins Sans Frontières.** Conflict in the Central African Republic as awful as high-profile crises, says Canadian nurse

**DENIS ARMSTRONG**  
For Metro in Ottawa

Janique Gagnon returned from the Central African Republic on Oct. 8 "with a heavy heart."

The Ottawa children's hospital nurse had just spent the last six months on her first mission with Médecins Sans Frontières — Doctors Without Borders — in one of the most dangerous places on earth, and though she's glad to be home with her husband and two young sons, she wants to return to the war-torn nation as soon as possible.

Before nursing, Gagnon spent 10 years in the Canadian military, deployed in Italy as well as Bosnia-Herzegovina, where she treated casualties from Sarajevo while under

fire. Gagnon retired from the military in 2001.

By then, she was looking for an opportunity to volunteer with MSF. The organization offered her the opportunity to run a 95-bed hospital in Boguila, Central African Republic — a jungle village 400 kilometres from the capital, Bangui. This was in April, only two weeks after a coup d'état reduced the tribal country to civil war.

Without blinking an eye, Gagnon accepted on the spot — nevermind that Seleka rebels and government forces fought viciously in the jungle near the hospital compound.

John Ging, the UN's director of humanitarian operations, has described the country as "a tinderbox that can ignite into something very, very big and very, very bad. Half the country's population of 4.6 million need humanitarian aid. The scale of suffering is among the worst in the world, and it's getting worse."

"I knew the conditions were bad, but that is why I wanted to be there, where the need is the greatest,"

said Gagnon.

Gagnon had arrived at the beginning of the rainy season when malaria was rampant. She treated the diseased, the dismembered and the dying, witnessing more human degradation than any person should ever see.

Thanks in part to her front-line military experience, she pushed through and focused on the job. She recalls the day she stood up to a Seleka colonel, ordering him to remove his gun prior to entering the hospital. She remembers the day she cried for the baby that died in her arms.

"Conditions were hard, but the people were so grateful we were there, they didn't want us to leave," she recalls. "I have a huge amount of respect for the people who live there. They have nothing. They can't even take care of themselves because there's nothing."

Gagnon says what they need most are schools. "Education leads to change. It's a long process, but it has to begin now."

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# Use bitcoins at your own risk, warns China's central bank

## 'Virtual goods.'

Country bars banks from handling the cyber currency

Bitcoins suffered a new setback after China's central bank said Thursday its banks and payment systems are barred from handling the virtual currency.

The central bank said bitcoins did not qualify as a currency but private individuals still are allowed to trade them at their own risk.

Bitcoins are created, distributed, and authenticated independently of any bank or government. Their relative anonymity holds out the promise of being able to spend money across the In-



A customer pays for drinks at a pub using bitcoins earlier this year in Sydney, Australia, using a QR code on a smartphone. GETTY IMAGES

ternet without scrutiny.

"Bitcoins are virtual goods that have no legal status or monetary equivalent

and should not be used as currency," said a Chinese central bank statement.

It said financial institutions and payment systems were not allowed to use bitcoin prices for products and could not sell, trade or store bitcoins.

"Ordinary people are free to participate in transactions at their own risk," the central bank said.

Despite wild swings in value, the virtual currency has been moving toward broader acceptance. A growing number of companies accept bitcoins, which can be converted into cash.

Other governments are wary of the cybercurrency. In July, Thailand's central bank banned the trading and use of bitcoins.

THE ASSOCIATED PRESS



## Fast food workers not lovin' their McSalaries

Fast food workers rally for better wages outside a McDonald's restaurant in Chicago Thursday. Demonstrations planned in 100 U.S. cities are part of a push by labour unions, worker advocacy groups and Democrats to raise the federal minimum wage of US\$7.25. Protesters are calling for pay of US\$15 an hour, but the figure is seen more as a rallying point. The push for higher pay faces an uphill battle. The industry competes aggressively on value offerings and companies have warned they would need to raise prices if wages were hiked. Most fast food locations are owned and operated by franchisees, which lets companies such as McDonald's Corp. and Burger King Worldwide Inc. say they don't control worker pay. THE ASSOCIATED PRESS

## Baby steps

### Twitter leans in, adds woman to board of directors

Twitter has named Marjorie Scardino as a director, adding a woman to the all-white male board for which it's been sharply criticized.

Scardino, 66, was the CEO of Pearson PLC, a publishing and education company, from 1997 to 2012, Twitter Inc. said in a filing. THE ASSOCIATED PRESS

## Market Minute

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**TSX**  
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**OIL**  
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**GOLD**  
\$1,231.90 US (-\$15.30)

**Natural gas:** \$4.14 US (+18¢)  
**Dow Jones:** 15,821.51 (-68.26)

# High EI rates padding feds' budget: Watchdog

The Harper government may need to depend on artificially high EI premiums, asset sales and spending restraint to balance the budget in time for the 2015 election, the federal budget watchdog says in a new report.

But the new assessment from the parliamentary budget office also projects that the government will be able to achieve its target of a balanced budget in 2015 and even amass a bigger surplus in the critical election year than the government projects.

The report says its baseline projection puts the 2015 budget surplus at \$4.6 billion — almost \$1 billion more than the official estimate contained in last month's economic update paper.

As well, the budget office projection shows next year's deficit at \$3.5 billion — \$2 billion lower than Ottawa's estimate in last month's economic update — and within an eyelash of a balanced budget, once a \$3-billion cushion for surprises is factored out.

But the report shows that

the improvement from the economic update is dependent not so much on a strong economy but on extraordinary measures and keeping payroll taxes higher than need be.

"If direct program expenses do not materialize as planned, if a governor-in-council decision is made to reduce EI premiums and if sales of public assets are delayed or do not occur, most, if not all, of the ... surplus the government projects for 2015-16 would be eliminated," the report said.

The fiscal impact of keep-

ing EI premiums artificially higher for two additional years is that it will contribute \$1.8 billion to the 2015-16 surplus and \$3 billion to the 2016-17 surplus, the report said.

The budget office also believes Ottawa will realize greater savings from a recently announced two-year departmental spending freeze and the departmental spending lapses that have averaged \$10 billion annually over the last three years.

The freeze and lapses — approved money that is not spent

— will net Ottawa about \$2.7 billion in the critical 2015-16 fiscal year, the PBO says, and \$7.2 billion over the five-year projection period.

In addition, the report points out that the surplus partially depends on Flaherty going ahead with announced asset sales, such as the sale of the Ridley Terminals and Dominion Coal Blocks in British Columbia announced in last month's update, as well as the government's remaining stock of General Motors shares.

THE CANADIAN PRESS

## Creative accounting

A big chunk of the 2015-16 and 2016-17 surpluses is based on the finance minister's stated intention to keep EI premiums frozen until 2016, the report states.

- Under normal rules, the budget office said, premiums should start coming down in 2015 when the EI fund flips from deficit to surplus.



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# Freedom fighter, world icon

**Analysis.** Why Nelson Mandela was important to South Africa and the world



**ELISABETH BRAW**  
Metro World News

Nelson Mandela's cell of five square metres in Robben Island, where he spent 18 of his 27 years in prison, is now a virtual shrine for tourists and political figures alike. But Mandela was much more than a long-suffering prisoner. He was a world leader and a 20th century icon.

"His building a future for South Africa was a huge achievement," says Stephen Chan, professor of international relations at the School of Oriental and African Studies in London and author of numerous books on southern Africa.

"He helped draft what may be the world's best constitution. He was instrumental in establishing the Truth and Reconciliation Commission, which was crucial in helping

the country deal with its apartheid past. He was also a highly moral politician, setting the tone for the whole continent by stepping down after one term."

Lilias van Wyk, a white South African who lived through apartheid, is full of admiration for Mandela.

"There's nobody like him here in South Africa. (Our former president and Mandela's deputy president Thabo Mbeki) was a gentleman, but our current president is more interested in ladies than anything else," she tells Metro.

Indeed, Mandela succeeded where so many other freedom-fighters-turned-leaders have failed: as a democratic politician and later president, the former communist united his country.

Despite the black majority's pent-up anger over decades of discrimination, no civil war erupted. The transition to democracy under Mandela's leadership proceeded in a remarkably peaceful and orderly fashion. In his presidential inauguration speech, Mandela urged South Africans to practise for-

## Quote

**"We all think he was a fantastic man. It's amazing what he accomplished without any violence or shooting. And his dignity! I say, 'Thank you, Lord, that we've had him.'"**

Lilias van Wyk, a white South African who lived through apartheid

giveness, saying in Afrikaans, "Wat is verby verby," which translates to "What is past is past." And, through the power of his moral leadership, Mandela brought South Africa back into the international fold.

But, Africa watchers note, Mandela was no angel, inherently speaking.

"He became a saint because we made him one," says Chan. "We made him one to justify not putting enough pressure on the apartheid government to release him."

And though South African lore sees him as an old man who magically emerged from

decades in prison to govern his country with great success, the reality is a bit more nuanced. Explains Chan: "The four years between his release and his election as president in 1994 were turbulent. He had to go on a steep learning curve."

And, while Mandela was in charge as president, he mainly provided the strategic direction and left the nitty-gritty of governing to his deputy, Thabo Mbeki. That's in no way negative, but the frail 76-year-old didn't single-handedly perform the arduous task of running the country.

Even after stepping down, Mandela remained an icon at home and around the world: almost uniquely among dissidents elected to political power, he left with his integrity and popularity intact. For South Africa, the African continent, even the world he was a desperately needed icon of democratic success.

"We're all praying for a peaceful transition now," says van Wyk. "We're on our knees 24-7."

But the adoration of Mandela will no doubt continue.



South Africa's first black president, Nelson Mandela, revisits his prison cell on Robben Island, where he spent 18 of his 27 years in prison, in 1994.

GETTY IMAGES

SOURCES: ENL: NOBEE/REUTERS; PHS, SABC, UPI/REUTERS; MAA: KORB; TEXT: ANTHONY JOHNSTON

## 5 THINGS WE'LL REMEMBER ABOUT MANDELA

1

### FROM ROYALTY, LEGAL ACTIVISM TO "TERRORISM"

Nelson Mandela, raised by an African royal family in the Eastern Cape region of South Africa, studied law at university and opened the country's first black law firm at the age of 34. His quest to fight apartheid led him to co-found an armed wing of the African National Congress, classified as a terrorist group at the time.

2

### ROBBED OF LIBERTY, ON ROBBER ISLAND

In 1964, Mandela was jailed for life for plotting to overthrow the government by sabotage. For 18 years of his sentence, he was interned at the infamous Robben Island prison in a tiny cell, barely a few square metres in size. He was locked away, but not forgotten, as his power of resistance against apartheid spread from behind the bars to across the world.

3

### MANDELA'S FREE AFTER MORE THAN A QUARTER OF A CENTURY

On February 11, 1990, clanking his wife Winnie's hand and dressed in a dignified brown suit, Mandela punches the air in a victory salute as he walks away from the gates of Victor Verster Prison, Mandela's freedom after 27 years in jail was one of the most iconic moments of the 20th century. Mandela was released following a relaxation of apartheid laws.

4

### SOUTH AFRICA'S FIRST BLACK PRESIDENT ... AND OLDEST

In 1994, after more than 300 years of white rule, South Africa has its first black president after the country's first fully democratic elections. At age 75, he became South Africa's oldest ever elected head of state.

5

### BLACK AND WHITE UNITED, THROUGH SPORT

The following year, in another epic historic — and sporting — moment of the 20th century, Mandela presents the Rugby World Cup trophy to captain Francois Pienaar, an Afrikaner. Wearing a shirt of the South African rugby team (once resented by the black population), Mandela's gesture was seen as a huge step of unity between blacks and whites.

1918-2013

1

visitor a year for 30 minutes was all Mandela was allowed to receive as a prisoner on Robben Island. He could write and receive one letter every half a year while interned there.



**"If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner."**

Mandela as dealing with his opponents. He was lauded worldwide for working with these authorities that once persecuted him, rather than remaining embittered.

## DID YOU KNOW?

**ROBBER ISLAND:** Throughout his life, Mandela was often harassed and repeatedly called Madiba, the name of his Xhosa-speaking tribe (but not the name of his white oppressors).

**MASTER OF DISGUISE:** Mandelam "The Hawk" (famous) during his clashes with South African authorities because of his work in avoiding the police (and prison). His disguise was a white shirt.

**KEEN CLASSICAL MUSICIAN:** Mandela was a fan of classical music and was known to be a talented pianist.

**A TASTE FOR THE SIMPLE:** Mandela's favourite dish was a simple, traditional South African meal, called *umngqosh*, with vegetables and meat — often the stomach of an ox.

**MANDELA THE "TERRORIST":** For years, Mandela was charged as the "greatest terrorist" in the world for his role in the anti-apartheid struggle. He was a member of the African National Congress, and led a wing of the organization known as the *Umkhonto we Sizwe*. He was released from the house of detention.



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## Synopsis

"Well, it's Christmas time, pretty baby" ... and the Reel Guys are watching films... With our apologies to Jerry Leiber and Mike Stoller, who wrote those lyrics to Elvis Presley's Santa Claus is Back in Town — that song pretty much sums up what the holiday season means for us. Next week we'll be back to reviewing the big releases of the year, but before we get to that we thought we'd have a look at movies to get us in the Christmas spirit. They may not all be on Santa's nice list.



Billy Bob Thornton's *Bad Santa* is an antidote to all that icky holiday cheer. CONTRIBUTED

## Reel Guys

RICHARD  
CROUSE AND  
MARK BRESLIN



# Santa's back in town

**Festive features.** The Reel Guys share their favourite holiday films, but not all of them bring comfort and joy

**Richard:** James Stewart stars in one of the movies that always puts me in the mood for Christmas, but it's not the one you think. Sure, it's *A Wonderful Life* is a classic and yuletastic, but I also enjoy *The Shop Around The Corner*. It's a Christmassy romance that sees shop co-workers Stewart and Margaret Sullivan at one another's throats at work, unaware that they are also anonymously courting one another as pen pals. All becomes clear on Christmas Eve and

they unwrap a big ol' gift basket of love. It's almost as heartwarming as a giant mug of hot chocolate.

**Mark:** Richard, as I'm Jewish, the Christmas holiday doesn't have quite the emotional pull on me that it might have on you. So, come Christmas Eve our family gathers around the TV, where we watch *Bad Santa* until we fall asleep from convulsive laughter. The story of an alcoholic, womanizing, foul-mouthed Santa is a delightful antidote to all that icky cheer I'm supposed to feel. Then, when the novelty dies down, I get with the program and watch *Elf*. But I wear my Grinch mask just in case a tear is shed.

**RC:** That green synthetic fur is great for soaking up tears! But an antidote to the icky cheer

you describe are two films set during the holidays without an ounce of tinsel treacle between them. In *The Long Kiss Goodnight* an amnesiac played by Geena Davis is outed as a former hired killer when she is recognized playing Mrs. Claus in a Christmas parade. The title *A Christmas Tale* sounds traditional enough, but the story focuses on the bitter rather than the sweet. The English title of this Catherine Deneuve drama could easily have been *Cancer for Christmas*, but despite the downer topic it's complex, funny and touching.

**MB:** I've never seen *A Christmas Tale*, Richard, thanks for the tip. But if it's holiday downers we're looking for, consider *Black Christmas*, a 1974 slasher flick starring Olivia Hussey. I guess you could double-bill this

one with the 2006 remake, but that might be, ahem, overkill.

**RC:** Many years ago, on the first Christmas the PMC — my Preferred Movie Companion — and I spent together, I screened *Black Christmas* for her, which almost stopped the relationship before it had a chance to really get going. I love the slaying slasher story. Her, not so much. I quickly rebounded with *National Lampoon's Christmas Vacation*, which made the yuletide bright once again. Thanks, Chevy Chase, for saving Christmas and my relationship!

**MB:** Well, for a Jewish guy like me, I'll just have to be content with Adam Sandler's *Hanukkah* animation classic, *Eight Crazy Nights*, and a glass of Manischewitz!

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# Women rule at Sundance 2014

## Lineup look-ahead.

Comedy giants try their hand at more serious roles

Ladies will continue to drive the feature lineup at the Sundance Film Festival as Robert Redford's independent-cinema fair celebrates its 30th anniversary next month in Park City, Utah.

At the top of the list released Wednesday, female directors dominate the competition, with eight out of the 16 films helmed by women. And in front of the camera, women reign supreme — only this time, comedians eclipse the layout.

Actresses like Amy Poehler, Kristen Wiig, Molly Shannon, Aubrey Plaza, Amy Sedaris and Jenny Slate all appear in features playing at the upcoming fest. And in the case of Wiig, Shannon and Plaza, we have funny gals turning serious.

Following her dramatic turn in the upcoming *The*



Bill Hader and Kristen Wiig take a turn for the serious at Sundance in *The Skeleton Twins*. CONTRIBUTED

*Secret Life of Walter Mitty*, Wiig will play the twin sister of fellow SNL alum Bill Hader in *The Skeleton Twins*. In the film, which also stars Luke Wilson and Ty Burrell, the siblings coincidentally cheat death on the same day.

Shannon and Plaza will star in *Life After Beth*, which focuses on a mysterious second chance at love after death.

"Comedians are big this year, especially with what we are calling 'funny ladies,'" said Sundance director John

Cooper. "A lot of these roles are setting up typical comedic actresses in roles that are a little deeper. In general, a lot of actors are being drawn to independent film because of the quality of interesting roles that they can play."

Sundance films typically

## By the numbers

Altogether, 117 feature-length films, selected out of 12,218 titles submitted (72 more than for 2013), are scheduled for Sundance 2014. Some 37 countries and 54 first-time filmmakers will be represented.

offer the ideal fabric and draw for performers who are departing from their usual Hollywood formulas.

Girls sitcom creator Lena Dunham, whose debut movie, *Tiny Furniture*, won best narrative feature when it premiered at the South by Southwest film festival in 2010, will appear in writer/director Joe Swanberg's *Happy Christmas*, also starring Anna Kendrick.

In her first feature since *The Twilight Saga: Breaking Dawn - Part 2*, Kristen Stewart plays a guard stationed at Guantanamo Bay in budding writer/director Peter Sattler's *Camp X-Ray*.

THE ASSOCIATED PRESS

## Superhero

### Gal Gadot to play Wonder Woman

Wonder Woman is finally coming to the big screen. Israel-born actress Gal Gadot has been cast as Wonder Woman in Warner Bros.' superhero team-up film with Batman and Superman, the studio announced Wednesday. Already starring in the currently untitled film are Ben Affleck as Batman and Henry Cavill as Superman. Created in the 1940s and outfitted in patriotic colours, Wonder Woman was most famously played by Lynda Carter in the 1970s Wonder Woman television series. A sequel to *Man of Steel*, the Batman-Superman film is set to begin production early next year, and to be released in July 2015.

THE ASSOCIATED PRESS



Gal Gadot. THE ASSOCIATED PRESS

## Crime/Drama



### Out of the Furnace

Director. Scott Cooper

Stars. Christian Bale, Casey Affleck

This movie is bleaker than the most mournful George Jones song. When steel mill worker Russell Baze (Christian Bale) emerges from jail, he finds his live-in girlfriend (Zoe Saldana) no longer lives in and his Iraq War vet brother Rodney (Casey Affleck) is having trouble with civilian life. When Rodney disappears after a bare-knuckle fight run by Harlan DeGroat (Woody Harrelson) Russell attempts vigilante justice. Bale and Affleck hand in intense performances but Harrelson shines as the best movie scuzzball in recent memory. It's a portrait of a hard life drawn in hard-edged detail, with no relief for the characters or audience. **RICHARD CROUSE**

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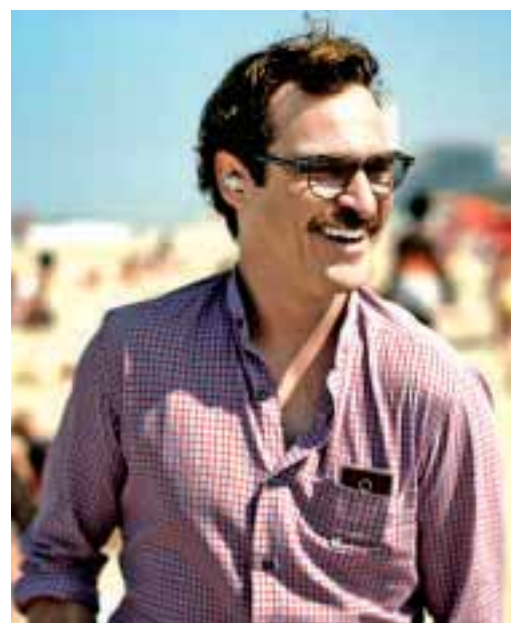
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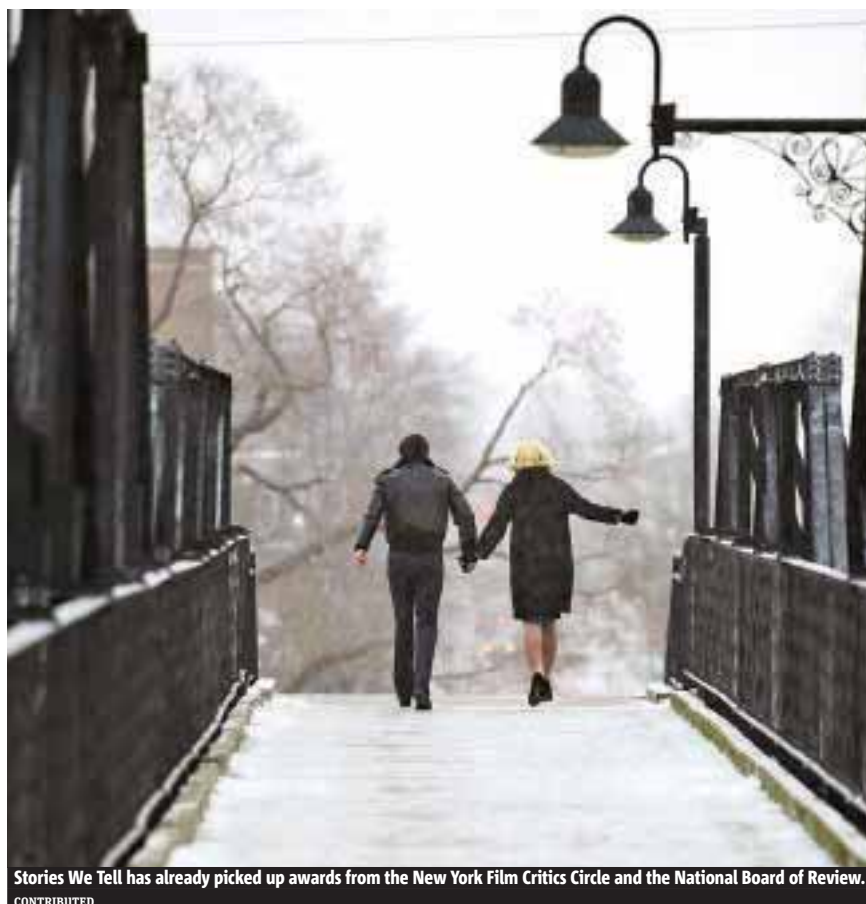
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### Her named best film by National Board of Review

Spike Jonze's futuristic romance *Her* has been named best film by the National Board of Review. The board also named Jonze best director, giving *Her* an early awards season boost. The Warner Bros. film starring Joaquin Phoenix and Scarlett Johansson is to be released December 18. Alexander Payne's father-son road trip *Nebraska* took two acting awards. Bruce Dern won for best actor, and his co-star Will Forte won for best supporting actor. Emma Thompson was awarded best actress for the Mary Poppins story *Saving Mr. Banks*. Best supporting actress went to Octavia Spencer for *Fruitvale Station*. The National Board of Review is a group of film academics, students and professionals founded in 1909. **THE ASSOCIATED PRESS**





**Stories We Tell** has already picked up awards from the New York Film Critics Circle and the National Board of Review. CONTRIBUTED

# Promoting Polley: Doc hits award circuit

**Stories We Tell.**  
Sarah Polley's true tale of her family secret has become a serious Oscar contender

Sarah Polley's intimate family tale *Stories We Tell* was supposed to be the little-seen documentary the actress-turned-director made between larger dramatic features.

Instead, it's become a serious Oscar contender and widely acclaimed documentary debut, garnering plenty of attention south of the border, including awards from the New York Film Critics Circle for best non-fiction film and the National Board of Review for best documentary.

Now, she and producer Anita Lee are gearing up for an awards circuit they hope will culminate with a golden statue at the Academy Awards.

"It's really, really exciting,"

Lee says of recently making the short list for a best documentary Oscar nomination, alongside 14 other films.

"It's so incredibly awesome."

Lee says Polley "is absolutely thrilled" with the surprise acclaim for her intensely personal film, which explores a long-held family secret about her true parentage.

They learned of making the Oscar short list Tuesday, the same day they were handed the best non-fiction prize by the New York Film Critics Circle. The National Board of Review announced it picked Polley's film as best doc on Wednesday.

Documentary branch members of the Academy of Motion Picture Arts and Sciences will now choose five nominees from a pool of 15.

Lee says it's an honour just to make the short list, but she admits that she and Polley are ready to promote *Stories We Tell* to academy voters to boost their chances of snagging a nomination.

## On promoting the film

"I really am learning that it's not just about the merit of the film, it is very strategic and political and it involves marketing and a very big Oscar machinery that exists in the U.S. industry," says Lee, a producer for the National Film Board based in Toronto. "And so I feel like it's a lottery but the odds are not bad so we're hopeful."

That means hosting key screenings in Los Angeles and New York, and making sure they attend events like the International Documentary Association's IDA Awards on Friday. Lee says she's heading to L.A. on Thursday for the bash, where *Stories We Tell* will compete for the best feature award against *The Act of Killing*, *Blackfish*, *Let the Fire Burn* and *The Square*.

THE CANADIAN PRESS

# Food: That tasty thing that ties all of us together

## Spinning Plates.

New film documents three very different restaurants and their passionate people

The director of the new restaurant documentary *Spinning Plates* has a theory as to why TV programs about food continue to be wildly popular.

"Food is just so universal and familiar to everyone. It's comfortable, it's an emotional medium," said Joseph Levy, who cut his teeth producing the Food Network program *Into the Fire*.

"Even for people who aren't self-proclaimed foodies and don't go follow the hottest pop-up restaurants ... you probably still remember with fondness the first meal you ever had with your spouse, or the night you proposed, or a Thanksgiving or holiday meal that your grandparent might have made for you."

Added the filmmaker: "In the same way that music can bring back great feelings and great memories, so can food."



Chef Grant Achatz of the restaurant, *Alinea*, in Chicago. CONTRIBUTED

*Spinning Plates* — which is screening in Toronto at the TIFF Bell Lightbox and will be released Friday on iTunes — tells the story of three very different restaurants and the passionate personalities that drive them.

Gorgeously shot, it's a loving ode to food, a topic that has captivated Levy since his childhood in Corpus Christi, Texas.

The first restaurant profiled in *Spinning Plates* is world-renowned Chicago eatery *Alinea*, headed up by molecular gastronomy guru Grant Achatz (whom Levy first encountered while working on *Into the Fire*). The chef is a creative marvel, constantly driven to top his own culinary masterpieces (and to land the highest possible rating from the revered Michelin

restaurant guide).

The artistry of *Alinea* is a far cry from Breitbach's Country Dining, the second establishment featured in *Spinning Plates*. The oldest bar and restaurant in Iowa, its specialties are pie and fried chicken, served up by the tightly knit Breitbach clan — with help from residents of the tiny community of Balltown. Rounding out the narrative is *Cocina de Gabby* — an upstart mom-and-pop outfit run by a struggling Mexican couple in Tucson, Ariz.

"I wanted to take three restaurants that were seemingly disparate," explains Levy, 40. "For me the movie is really about how meaningful food can be and the places that serve it." THE CANADIAN PRESS

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Mon 4:20-7:10-10 Tue 4:20-7:15-10:05 Wed-Thu 4:20-7:10-10  
Captain Phillips (14A) Fri 4-6:55-9:55 Sat 12:45-3:50-6:55-9:55 Sun 3:50-6:55-9:55 Mon-Wed 4-6:55-9:55 Thu 4-6:55-10:30  
Dallas Buyers Club (18A) Fri 7:20-10:10 Sat-Sun 4:30-7:20-10:10 Mon 7-9:40 Tue 7:20-10:10 Wed 7-9:40 Thu 7-9:35  
Frozen (G) Sat-Sun 12:05  
Frozen 3D (G) Fri 4:55-7:25-10  
Sat-Sun 2:30-4:55-7:25-10 Mon 4:05-6:30-9 Tue 4:55-7:25-10 Wed-Thu 4:05-6:30-9  
Gravity 3D (PG) Fri 5:45-8:05-10:20 Sat-Sun 1:15-3:30-5:45-8:05-10:20 Mon 5-7:20-9:35 Tue 5:45-8:05-10:20 Wed-Thu 5-7:20-9:35  
The Hobbit: The Desolation of Smaug 3D (STC) No Passes Thu 10 No Passes Thu 10:05  
Holiday Inn (STC) Sun 12:45  
The Hunger Games: Catching Fire (PG) Fri 4-6:45-7:15-10-10:25 Sat-Sun 12-12:50-3:15-4-6:45-7:15-10-10:25 Mon 5:20-6:45-8:30-10 Tue 4-6:45-7:15-10-10:25 Wed-Thu 5:20-8:30-10 Fri 6:15-7-9:30-10:30 Sat-Sun 3-3:45-6:15-7-9:30-10:30 Mon 6:30-8-10 Tue 6:15-7-9:30-10:30 Wed 6:30-8-10 Thu 6:30-7:20-10:30  
Philomena (14A) Fri 5:30-8-10:25 Sat-Sun 12:30-3-5:30-8-10:25 Mon 4:30-7:05-9:30 Tue 5:30-8-10:25 Wed 4:30-7:05-9:30 Thu 4:10-6:30  
Royal Opera House: The Nutcracker (STC) Thu 7:30  
Thor: The Dark World (PG) Sat-Sun 2  
Thor: The Dark World 3D (PG) Fri-Sun 4:50-7:40-10:30 Mon 4:15-7-9:40 Tue 4:50-7:40-10:30 Wed 4:15-7-9:40 Thu 4:15-9:40

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Computer Chess (STC) Fri-Sat 9 Sun 7  
No Films Showing Today (STC) Mon-Thu  
Renoir (PG) Fri-Sat 7 Sun 2

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The Hunger Games: Catching Fire CONTRIBUTED

Homefront (18A) Fri 7:15-9:50 Sat-Sun 1:50-4:30-7:15-9:50 Mon-Thu 5:45-8:10  
The Hunger Games: Catching Fire (PG) Fri 6:30-7-9:45-10:15 Sat-Sun 12:30-3:45-6:30-7-9:45-10:15 Mon-Thu 5:20-5:50-8:30-9  
Jackass Presents: Bad Grandpa (18A) Fri 7:30-10 Sat-Sun 2-4:20-7:30-10 Mon-Thu 6-8:45  
Thor: The Dark World (PG) Sat-Sun 1  
Thor: The Dark World 3D (PG) Fri 6:50-9:40 Sat-Sun 4-6:50-9:40 Mon-Thu 5:40-8:400

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The Book Thief (PG) Dolby Stereo Digital, No Passes Fri 3:45-6:45-9:50 Dolby Stereo Digital, No Passes Sat-Sun 12:30-3:45-6:45-9:50 Dolby Stereo Digital, No Passes Mon-Thu 3:45-6:45-9:50  
Dallas Buyers Club (18A) Dolby Stereo Digital Fri 3:35-7:05-9:55 Dolby Stereo Digital Sat-Sun 12:35-3:35-7:05-9:55 Dolby Stereo Digital Mon-Thu 3:35-7:05-9:55  
Frozen (G) Dolby Stereo Digital, No Passes Fri-Thu 4-9:35

Frozen 3D (G) Dolby Stereo Digital, No Passes Fri 6:45 Dolby Stereo Digital, No Passes Sat-Sun 12:55-6:45 Dolby Stereo Digital, No Passes Mon-Thu 6:45  
The Hobbit: The Desolation of Smaug 3D (STC) Dolby Stereo Digital, No Passes Thu 10  
The Hunger Games: Catching Fire (PG) Dolby Stereo Digital, No Passes Fri 3:25-6:50-9:55 Dolby Stereo Digital, No Passes Sat-Sun 12:20-3:25-6:50-9:55 Dolby Stereo Digital, No Passes Mon-Thu 3:25-6:50-9:55 Oldboy (18A) Dolby Stereo Digital Fri 4:10-7:15-10:10 Dolby Stereo Digital Sat-Sun 12:40-4:10-7:15-10:10 Dolby Stereo Digital Mon 4:10-10:10 Dolby Stereo Digital Tue 4:10-7:15-10:10 Dolby Stereo Digital Wed 4:10-10:10 Dolby Stereo Digital Thu 4:10-7  
Out of the Furnace (14A) Dolby Stereo Digital, No Passes Fri 4:05-7:10-10:05 Dolby Stereo Digital, No Passes Sat-Sun 12:50-4:05-7:10-10:05 Dolby Stereo Digital, No Passes Mon-Thu 4:05-7:10-10:05  
Philomena (14A) Dolby Stereo Digital, No Passes Fri 3:55-7-10 Dolby Stereo Digital, No Passes Sat-Sun 12:45-3:55-7-10 Dolby Stereo Digital, No Passes Mon-Thu 3:55-7-10

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Delivery Man (PG) Fri 7:15-9:40 Sat-Sun 12:45-3:15-7:15-9:40 Mon-Thu 7:15-9:40  
Frozen (G) No Passes Sat-Sun 3:45-9:20 No Passes Sat-Sun 1-6:50-9:20 No Passes Mon-Tue 6:50-9:20 Wed-Thu 6:50-9:20  
The Hobbit: The Desolation of Smaug (STC) Sneak Preview, No Passes Thu 10:15  
The Hobbit: The Desolation of Smaug 3D (STC) Sneak Preview, No Passes Thu 10  
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Jackass Presents: Bad Grandpa (18A) Fri 7:15-9:40 Sat-Sun 1-3:30-7:15-

9:40 Mon-Thu 7:15-9:40  
Thor: The Dark World (PG) Sat-Sun 3:30  
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Delivery Man (PG) Fri-Wed 1:30-4:05-6:55-9:35 Thu 1:30-4:05-9:35  
Die Hard (STC) Wed 9:30  
Frozen (G) Fri 1:05-3:55-6:40 Sat 11-1:05-3:55-6:40 Sun 1:05-3:55-6:40 Mon-Tue 1-3:40-6:45 Wed 3:40-6:45 Thu 1:05-3:55-6:45 Star & Strollers Screening Wed 1  
Frozen 3D (G) Fri-Sun 12:05-2:45-5:20-8-10:35 Mon-Thu 2-4:40-7:25-10:05  
Gravity (PG) Fri-Sun 12:50-3:10-5:30-7:50-10:10 Mon 12:50-3:10-5:30-7:50-10:10 Tue 12:50-3:10-5:30-7:50-10:10 Wed-Thu 12:50-3:10-5:30-7:50-10:10  
The Hobbit: The Desolation of Smaug 3D (STC) No Passes Thu 10:30  
The Hobbit: The Desolation of Smaug: An IMAX 3D Experience (STC) No Passes Thu 10  
Holiday Inn (STC) Sun 12:45  
Homefront (18A) Fri-Sun 12:40-3:10-5:45-8:20-10:50 Mon-Thu 2:45-5:15-7:45-10:15  
The Hunger Games: Catching Fire (PG) Fri-Sun 12:30-3:45-7-9:15-10:15 Mon 12:30-3:40-9:30 Tue 1:45-5-8:15-9:30 Wed 1:45-5-8:15 Thu 12:30-3:45-7-9:30 Fri-Sun 12:31:5-6:30-9:45 Mon-Wed 3:30-6:45-10 Thu 3-6:45-10  
The Hunger Games: Catching Fire — The IMAX Experience (PG) Fri-Sun 1-4:15-7:30-10:45 Mon-Wed 12:45-4-7:15-10:30 Thu 3-6:30  
Jackass Presents: Bad Grandpa (18A) Fri 12:35-3:05-5:40-8:05-10:30 Sat 5:40-8:05-10:30 Sun 12:35-3:05-5:40-8:05-10:30 Mon-Thu 2:35-5:05-7:30-9:55  
Last Vegas (PG) Fri-Sat 12:25-3-5:35-8:10-10:50 Sun 3-5:35-8:10-10:50 Mon-Wed 1:40-4:20-7-9:40 Thu 1:40-4:20-11  
The Metropolitan Opera: Tosca - Encore (STC) Sat 11:55  
Out of the Furnace (14A) Fri-Sun 2-4:50-7:45-10:40 Mon-Tue 1:50-4:45-7:35-10:25 Wed 4:45-7:35-10:25 Thu 1-4-6:50-10:25 Star & Strollers Screening Wed 1  
Philomena (14A) Fri-Sun 12-2:30-4:55-7:20-9:55 Mon-Wed 2:30-4:55-

7:20-9:50 Thu 2:30-4:55-7:20-9:55  
The Polar Express (G) Sat 11  
Puella Magi Madoka Magica the Movie: Rebellion (PG) Mon 7:30  
Royal Opera House: The Nutcracker (STC) Thu 7:30  
Thor: The Dark World (PG) Fri-Thu 1:55  
Thor: The Dark World 3D (PG) Fri-Thu 4:50-7:40-10:20

### SilverCity St. Vital 110-1225 St Mary's Rd

Captain Phillips (14A) Fri-Tue 7:10-10:10 Wed 10:10 Thu 6:40  
Cloudy With a Chance of Meatballs 2 (G) Fri 12:10-2:30-4:45 Sat 2:10-4:40 Sun-Tue 2:15-4:45 Wed 2-4:25 Thu 1:15-4  
Delivery Man (PG) Fri 12:15-2:40-5:10-8-10:35 Sat 2:40-5:10-8-10:35 Sun 12:25-2:55-5:30-8-10:35 Mon-Thu 2:35-5:10-7:50-10:25  
Frozen (G) Fri 1:35-4:10-6:50 Sat 10:55-11:30-1:35-4:10-6:50 Sun 11:50-1:35-4:10-6:50 Mon-Wed 1:15-4-6:50 Thu 1:35-4:10-6:50  
Frozen 3D (G) Fri 12:05-2:35-5:15-7:50-10:25 Sat 12:05-12:35-2:35-5:15-7:50-10:25 Sun 12:25-2:35-5:15-7:50-10:25 Mon-Thu 2:20-5-7:35-10:05  
Gravity 3D (PG) Fri 12:55-3:10-5:25-7:40-10:20 Sat-Wed 3:10-5:25-7:40-10:20 Thu 3:10-5:25-7:40  
The Hobbit: The Desolation of Smaug 3D (STC) No Passes Thu 10:30 No Passes Thu 10  
Homefront (18A) Fri-Sat 12:40-3:05-5:35-8:05-10:50 Sun 2:25-5-7:35-10 Mon-Thu 1:50-4:30-7-9:45  
The Hunger Games: Catching Fire (PG) Fri-Sat 12:20-3:35-7-10:15 Sun 12:30-3:45-7-10:15 Mon-Wed 1:30-4:50-8:15 Thu 4:05 Fri 9:35 Sat 11:25-9:35 Sun-Wed 9:35 Thu 9:30-9:50-10:35 Fri-Sat 12:50-4:05-7:30-10:45 Sun 12:50-4:05-7:30-10:40 Mon-Wed 1-4:10-7:20-10:30 Thu 2-6:15 Star & Strollers Screening Thu 1  
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Royal Opera House: The Nutcracker (STC) Thu 7:30  
Thor: The Dark World (PG) Fri 1:35 Sat-Sun 1:30 Mon-Tue 1:20 Wed 1:05 Thu 1:20  
Thor: The Dark World 3D (PG) Fri-Sun 4:25-7:20-10:05 Mon-Tue 4:15-7:05-9:55 Wed 7:05 Thu 4:15-7:05-9:55 Wed 3:50-10



# TELL US YOUR TOP PICKS OF 2013

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# All hail the chief (of staff)

The chief of staff to a top politician is not usually the one in the spotlight. Generally, they prefer to pull the levers of power anonymously from the corridors and meeting rooms while press secretaries face the media. But with the Senate scandal, Nigel Wright has become something of a household name. In Hollywood, chiefs of staff are also having a moment thanks to shows such as *Scandal* and *Veep*. Here's how Wright measures up against his fictionalized counterparts.

THE CANADIAN PRESS



## Nigel Wright

**Job:** Chief of staff to Stephen Harper  
**Age:** 50  
**Marital Status:** Single  
**Background:** Lawyer, then made millions as a Bay Street businessman.  
**Style:** Calm, cool and collected. Described by friends as having high ethical standards despite current allegations of fraud, breach of trust and bribery for covering Sen. Mike Duffy's contested expenses.  
**General health:** Marathon runner; gets up before dawn to exercise.  
**Quote:** "My intention was always to secure repayment of funds owed to taxpayers. I acted within the scope of my duties and remain confident that my actions were lawful."



## Cyrus Beene (Scandal)

**Job:** Chief of staff to U.S. President Fitzgerald Grant  
**Age:** 50s  
**Marital Status:** Married to White House reporter James Novak, with whom he has an adopted daughter.  
**Background:** Campaign guru and political fixer. Once offered chance to run Harvard University.  
**Style:** Ruthless, seemingly lacking in all scruples or limits. Helped rig an election; put a hit out on his own boyfriend; hired a hit man to kill a woman who had a fling with the president.  
**General health:** Poor. Has been hospitalized for a heart attack.  
**Quote:** "The nitty-gritty, morally bankrupt, back-alley-brawling rest of the game, that's me...."



## Linda Vasquez (House of Cards)

**Job:** Chief of staff to U.S. President Garrett Walker  
**Age:** Late 40s/early 50s  
**Marital Status:** Unclear; has a college-age son, Ruben.  
**Background:** A key player in Walker's campaign.  
**Style:** "She's as tough as a two-dollar steak," as well as loyal and devoted to party ideals. But her weakness is Ruben.  
**General health:** Trim, but you get the sense her chief exercise is marathon Black-Berry clicking.  
**Quote:** "Now we have to lead. And that means making tough choices."



## Eli Gold (The Good Wife)

**Job:** Chief of staff to Illinois Governor Peter Florrick  
**Age:** Late 40s/early 50s  
**Marital Status:** Divorced; has a daughter.  
**Background:** Political consultant, concert pianist.  
**Style:** Smooth, cunning, passionate. Investigated by the Department of Justice for vote buying. Deleted a critical voice mail sent to his boss' estranged wife by her love interest.  
**General health:** Fit, but high-strung and emotionally repressed.  
**Quote:** "I don't have many enemies in life — I get along with Republicans, Protestants, Catholics, even a few reporters. But the one thing I hate is amateurs."



## Amy Brookheimer (Veep)

**Job:** Chief of staff to Vice-President Selina Meyer  
**Age:** 30s  
**Marital Status:** Single  
**Background:** Capitol Hill staffer  
**Style:** Generally even keeled, but with flashes of insecurity and frustration. Has mastered the art of managing a difficult, often irrational boss with a smile.  
**General health:** Generally stressed out, poor sleeping habits, potty mouth.  
**Quote:** "No, she cannot fall asleep on live TV. Not on C-Span. The irony would be too huge."



## Leo McGarry (The West Wing)

**Job:** Chief of staff to President Josiah Bartlet  
**Age:** 55 when he began the job  
**Marital Status:** Divorced; has a daughter.  
**Background:** Former air force pilot and labour secretary; made his millions in defence industry.  
**Style:** Generally calm and loyal, not a yes man, won't suffer fools. Excellent reputation.  
**General health:** Recovering alcoholic and barbiturates addict, workaholic. Died of massive heart attack (following the real-life death of actor John Spencer, who played McGarry).

NIGEL WRIGHT PHOTO, THE CANADIAN PRESS; ALL OTHER PHOTOS CONTRIBUTED

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TWO NEW LOCATIONS

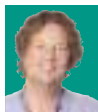
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# Music the world over



**SOUND  
CHECK**  
Alan Cross  
scene@metronews.ca

A world tour this week: Ireland, the  
Horn of Africa and Detroit.



## Carousell/Fight Like Apes

This Dublin band is fronted by singer MayKay, who might be quite insane. In this case, that's good. Don't let the cheery melody distract you from the lyrics.



## Hadnetna/ Yohannes "Wedi" Tikabo

Hailed by some as "the Bob Marley of Eritrea," this song that seems to criticize the regime of President Isaias Afewerki. You just don't do that. Ex-pats are smuggling the song into the country to rally the masses.



## Rap God/ Eminem

Em's latest video resurrects Max Headroom, the stuttering virtual talk show host from the '80s. Good to see him back. Max, I mean.

## Wedding bells. Who will be the real ruler of Versailles? Kim, Kanye?



Kim and Kanye may get hitched at French palace. GETTY IMAGES

Kim and Kanye are going to do a low-key, family-only wedding with little to no fuss or expense. Just kidding!

The guy released a song this year titled I Am a God, so obviously he's going to want to do it big, and that song has the line "in a French-ass restaurant, hurry up with my damn croissant" so he obviously has a fondness for the French, which can only mean

they're getting married at the Palace of Versailles!

Ah yes, the once humble homestead of Louis XIV will possibly host the magical union of Kanye and Kim, reports Us Weekly.

"Kanye has never been married and wants a big [wedding]," a source told the mag. "They are not working with a budget," the source continued. **METRO**

### Mind the App

## John Lennon: The Bermuda Tapes



**MIND THE APP**  
Kris Abel  
@RealKrisAbel  
scene@metronews.ca

### iPhone/iPad \$4.99

This virtual journey recreates John Lennon's stormy Bermuda sailing trip, the one that inspired the album Double Fantasy. Interviews, demo tapes, and beautiful illustrations combine for a wonderful, intimate experience.



# GOOD TIMES ROLL.

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# MANITOBA'S 100 MOST FASCINATING PEOPLE

## ACEBURPEE



Please enjoy my list of the 100 most fascinating Manitobans of 2013. I put a ton of work into it, and to be honest with you, the hardest part was getting it down to 100. I had way too many possibilities. I try and make sure there is diverse group of people - be it from sports to science, varying ages, arts, community service, or many other areas.

You have no idea how easy it is to find fascinating people in this province. These are just some of them. There will be some I missed, but having too many is a great problem to have.

All the best.

- Ace Burpee



*Dr. Dhali Dhaliwal will step down as CancerCare Manitoba's president and CEO Dec. 31 after a decade on the job. Dr. Dhaliwal has people talking about cancer, prevention in new ways*

Shane Gibson  
Metro Winnipeg

## DHALIWAL A CANCER CRUSADER

After a decade of passionately raising awareness about cancer care and prevention as the head of CancerCare Manitoba Dr. Dhali Dhaliwal has become what can only be described as the public face of the disease in this province.

But as the organization's president and CEO gets ready to step down from the role at the end of this year, those who've worked with Dhaliwal say the legacy he's leaving spans much farther than just here at home.

"He's also had a national and international presence, and this is something that's been so important for Manitoba," explained Dr. Donna Turner, who's worked

closely with Dhaliwal over the last 10 years as a member of CancerCare Manitoba's management team. "Manitoba is seen as a real player in the cancer arena now and it's largely due to the fact that, just the way (Dhaliwal) talks to his patients and the staff here, he speaks the same way, with the same passion, about what we can do nationally and internationally."

From helping Manitoba become the first province to introduce colorectal screening on a population basis—a move that now sees Manitoba leading the country in the percentage of people who get the life-saving test—to starting a smoking cessation program for

CancerCare staff and their family members, Turner said Dhaliwal has striven to not only help people while they deal with the disease, but to also make cancer prevention something Manitobans talk about.

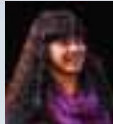
"It's not just about thinking about cancer as if it's just this little box where patients come in and then they go out," she said. "He's been such a great advocate for thinking outside of that box... and really recognizing that it's about all of us really starting to think about cancer."

Dhaliwal will officially step down as CancerCare Manitoba's president and CEO Dec. 31.



# MANITOBA'S 100 MOST

100) **Kirsten Kettler:** Appeared on "Ellen's Hidden Talent Contest" on The Ellen DeGeneres Show this past May. Her talent? She can split an apple perfectly in half by placing one finger on top of the apple and slamming her forehead on to the finger.



99) **Katherena Vermette:** The 2013 recipient of the Governor General's Literary Award for Poetry, for her collection North End Love Songs.

98) **Elmer Hildebrand:** The only Manitoban to receive the Order of Canada this year. Already a member of Manitoba's Hockey Hall of Fame, he has been President of the SEMHL for 20 years. Elmer is the CEO of Golden West Broadcasting.



97) **Chris Gaudry:** Shoots one-take, single-camera videos for a project called Pocket Gigs (pocketgigs.com) featuring the likes of JD Edwards, Imaginary Cities, Federal Lights, and other artists.



96) **Lennard Taylor:** You don't know it when you drive past it, but inside a building you've all seen on South Osborne, Lennard is creating, sewing, and scheming some of the coolest garments in the world.

95) **Abdo (Albert) El Tassi:** Mr. El Tassi founded the Islamic Social Services Association in Winnipeg, the Winnipeg Central Mosque and AlHijra Schools, the first Islamic school in Manitoba, and serves on numerous local boards.



94) **Alexander Steen:** Alex was six when he lost his baby brother Amadeus to a heart condition. Since founding the Amadeus Steen Foundation in '07, he has honoured his brother by raising more than \$500,000 for the Winnipeg Children's Hospital.



93) **Emily Richard:** Co-founder of the Wasichana Fund (providing Kenyan girls with sanitary napkins and offers female-only health classes), recipient of the 2013 Young Woman of Distinction Award by the YM-YWCA.

92 & 91) **Sean and Christian Procter:** They make some of the coolest videos online. Based in the North End, the brothers got some love at this year's Western Canadian Music Awards, winning Video of the Year for "Nothing's Gonna Harm You - JP Hoe".

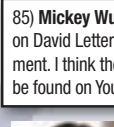
90) **Juan-David Hincapie-Ramos:** A Post-Doctoral researcher at the HCI Lab of the U of M. He invented an app that lets you safely walk and text, which may seem ridiculous until you have walked into a pole while texting, like me.

89 & 88) **Jessy Ardern & Ariel Levine:** Recipients of the 2013 Harry S. Rintoul Award for best new Manitoba play at the Winnipeg Fringe festival for "The Hound of Ulster" based on a warrior of Celtic legend named Cuchulainn.

87) **Julia Zrinyi:** Athletics Manitoba's Female Athlete of the Year, Julia won gold in the 1500m at the Canada Summer Games and Canadian Junior Track & Field Championships, and for Canada at the Pan American Junior Championships in Columbia.



86) **Matt Henderson:** A teacher at St. John's Ravenscourt, and the 2013 recipient of the Governor General's History Award for Excellence in Teaching. Also helped pull off an exceptionally well run TEDxYouth@FortGarry talk.



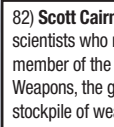
85) **Mickey Wur:** The Selkirk-area Wur was invited to perform on David Letterman's show in a "Stupid Human Tricks" segment. I think the segment got bumped, but the trick shot can be found on YouTube.



84) **Annette Greene:** She co-chairs Kids Initiative (Kenya Initiative for Development and Sustainability), and is absolutely tireless in her support of all things inherently good in Winnipeg.



83) **Kelly Cattani:** Winner of the 2013 Gold Medal Plates Winnipeg. Chef Cattani owned the judges with a dish of elk, avocado, soba and soy. She now moves on to the Canadian Culinary Championships: The Gold Medal Plates Finale in Kelowna.



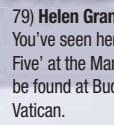
82) **Scott Cairns:** Winnipeg man was among a group of scientists who received the Nobel Peace Prize in 2013. A member of the organization for the Prohibition of Chemical Weapons, the group is currently working to dismantle Syria's stockpile of weapons.



81) **Colleen Dyck:** Owner and creator of GORP energy bars in Niverville, which are quickly becoming the next great Manitoba food story. Local ingredients include oats, sunflower seeds, hemp, flax and the Dycks' own honey. Even the Jets are customers.



80) **Roland Vandal:** After trying to end his own life, Roland picked himself up and dedicated his life to helping others. An experiential speaker with Breaking the Chain, creator of his own recovery home and tireless anti-bullying public speaker.



79) **Helen Granger Young:** Received the Order of Manitoba. You've seen her statue of Nellie McClung and the 'Famous Five' at the Manitoba Legislature, but her works can also be found at Buckingham Palace, the White House and the Vatican.



78 - 76) **(Red Moon Road) Daniel Jordan, Daniel Peloquin-Hopfner, and Sheena Rattai:** A band self-described as "born in a storm on a wild Canadian lake" which I can only assume was in the Whiteshell as their latest EP is called "Tales From the Whiteshell."



75 & 74) **Leigh McKenzie and Bahia Taylor:** Publishers of COVET magazine, named both Manitoba Magazine of the Year at the fifth annual Manitoba Magazine Publishers' Association awards as well as People's Choice Magazine of the Year.

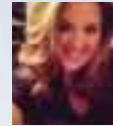


73) **Vivek Bhargia:** The lone Manitoban on Team Canada at the 2013 World Dwarf Games. He brought home 2 medals, but even cooler than that... he participated in 11 of 13 events at the games. Hardcore.

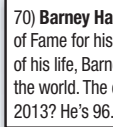


72) **Megan Fultz:** Having previously been named one of Canada's Top 20 Under 20 Awards by Youth in Motion, she spoke at WeDay this year and was brilliant. There are those who want to change the world, Megan is one who has what it takes to

actually do it.



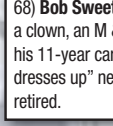
71) **Angie Lamirande:** You may not know it, but you've been to an event or have been a part of something that Angie has either produced or organized. She's got a great heart and is definite asset to our community. Many have been helped from her efforts.



70) **Barney Hartman:** Was inducted into the MB Sports Hall of Fame for his success in skeet shooting. For a long stretch of his life, Barney was simply the greatest skeet shooter in the world. The coolest part about his selection to the Class of 2013? He's 96.



69) **Jacqueline Stillwater:** A tireless and determined advocate and fundraiser for the Crohn's and Colitis Foundation of Canada and the 2013 recipient of CCFC's "Unsung Hero" award, an absolutely just reward.



68) **Bob Sweet:** He's been Batman, Daffy Duck, a leprechaun, a clown, an M & M... and countless other characters over his 11-year career as "that crossing guard guy that always dresses up" near St. Ignatius School. This past June, Bob retired.



67) **Tim Hague Jr.:** One half of the Tim & Tim team that not only represented Winnipeg in a way that we could all be proud of... but he and father did us one better and won the inaugural Amazing Race Canada.



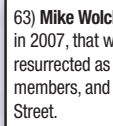
66) **Sean Mooney:** Already an accomplished chess boxer - a hybrid sport that combines chess with boxing in alternating rounds - Mooney decided to climb Mount Everest this year in support of Right to Play. He did it, and raised \$50,000 for the cause.



65) **Meghan Franklin:** Began a new student-led mental health initiative at Red River College using art therapy, dog therapy and more called "Mind It", with a goal to raise mental health awareness among students and combat stigma.



64) **Scott Burton:** Ran for 24 HOURS STRAIGHT, covering 151.5 kilometres in what he called his "24 Hour Marathon to Fight Hunger" in support of the Lunches With Love program. I ran with him for bit along the 4k loop around Charleswood.



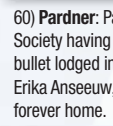
63) **Mike Wolchok:** When Pollock's Hardware closed its doors in 2007, that was supposed to be the end. Far from it. It was resurrected as a CO-OP now boasting well north of 2,000 members, and just celebrated its fifth anniversary on Main Street.



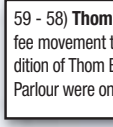
62) **Noah Decter-Jackson:** Founder of Winnipeg's largest games studio, Complex Games. They're doing real stuff. Stuff for Disney, for Zynga, Sony, and more. 30 people now hang their hat at Complex as employees. Put their games on your phone.



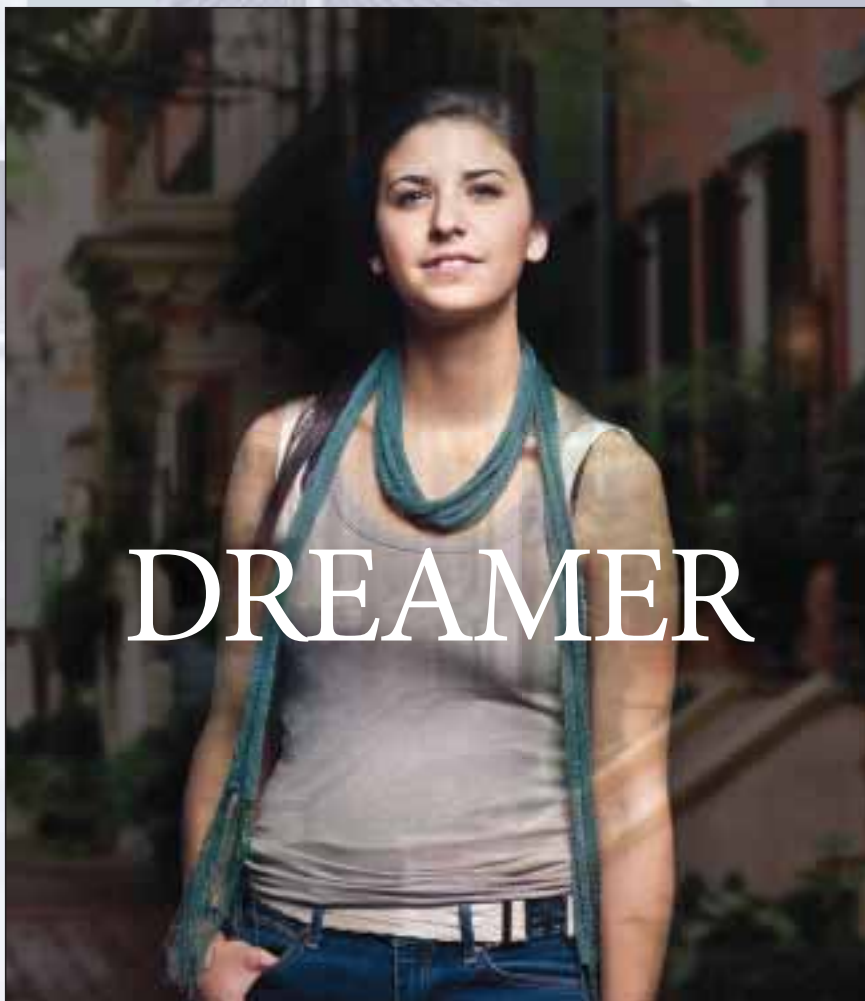
61) **Kelsey Omaga:** Received a Governor General's History Award for a story she wrote and illustrated about Chinese labourers who built the Canadian Pacific Railway, called The Chinese Labourers. Kelsey is a grade 7 student at Holy Ghost School.



60) **Pardner:** Pardner is a dog. He arrived at the Humane Society having been shot in the face and with yet another bullet lodged in his neck. Thanks to the tireless efforts of Dr. Erika Anseuw, Pardner made a full recovery and found a forever home.



59 - 58) **Thom Jon Hiebert & Graham Bargaen:** The good coffee movement took another step forward in our city with the addition of Thom Bargaen Coffee & Tea on Sherbrook. (Nils Vik and Parlour were on this list last year). Nice guys, and will do well.





# FASCINATING PEOPLE

- Ace Burpee

57) **"John"**: Not his real name. A 23-year-old student, "John" was at a quarry near Bissett, where he had been cutting rock for a landscape company. He was asleep in his trailer when two men rolled up in a truck, proceeded to tell him they were running meth and had just killed a prostitute. They then decided they had said too much and proceeded to chase "John" into the bush shooting at him with shotguns. He has to spend the night in a swamp, soaking wet, and filling his shirt with leaves to stay warm.

56) **Lisa Dyck**: On her farm near Anola, Manitoba... Lisa produces arguably the best ice cream IN THE WORLD. From hand-picked berries to a brilliant beer ice cream, Cornell Creme is about to be another massive Manitoba food success story.

55) **Leslie Supnet**: I first saw some of Leslie's work at Bands VS. Filmmakers. Then I'm reading through some stuff about the Toronto International Film Festival, and I see that Leslie has a film in the fest, called "A Time is a Terrible Thing to Waste". It's very good.

54) **James Follette**: Was one of two who stepped up and saved the Terry Fox Run from its imminent demise. He not only saved the Terry Fox Run, but made it one of the most successful in years, with over 1,000 runners and over \$60,000 raised.

53) **Alex Blake**: A beautiful young woman fighting leukemia. The result of her efforts saw thousands, including myself, register with Canadian Blood Services' OneMatch stem cell and marrow registry at Children's Hospital.



52) **Janelle Nadeau**: A born-and-raised Manitoba farmer's daughter, Janelle is one of the finest harpists in the country. A multiple award-winner from the Winnipeg Women's Musical Club, Janelle has also played in the backup band for a guy named

Kanye West.



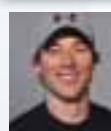
51) **Dave Shorr**: I believe most of Dave's story is yet to be written. Diagnosed with colon cancer, he was open, clear and direct with his journey... yet never was there a sense of sadness or resignation. His future was always bright. He knows who he is.

50) **Wade Miller**: Trust me, Wade didn't need a job. Far from it. Someone, however, had to step up and take over one of the hardest and highest-profile gigs in town. Wade Miller, our new president and CEO of the Winnipeg Football Club.



49) **Elizabeth McGuire**: One of Winnipeg's 2013 "Senior of the Year" award winners, for her ongoing commitment to education and literacy. Since her retirement from teaching, Mrs. McGuire has returned to Ralph Maybank School on a daily basis to help students.

48) **Abhinav Dhingra**: The Fort Richmond Collegiate student was a Canada-wide science fair finalist at this year's Manitoba School Science Symposium for "Ellagic Acid Selectively Inhibits Cardiotoxic Effects of Chemotherapy Drug Doxorubicin". What?



47) **Johnny Fukumoto**: You know those people that are always doing those crazy adventure/mud race things? Everyone you know, myself included, is finishing behind Johnny Fukumoto. One of the toughest in town.

46) **Garett Kolsun**: Cornered by a polar bear in Churchill that had already swatted and bitten him, a desperate Garrett turned to the only device he could think of and thrust his cellphone into the raging bear's face, distracting it long enough for him to escape.

45) **Marie Christian**: Program Coordinator for Voices: Manitoba's Youth in Care Network. Under the stewardship of The Boys and Girls Club of Winnipeg, VOICES aims to empower and support youth in and from care. Vital work, and takes a true leader.



44 - 39) **Royal Canoe**: Matt Peters, Mathew Schellenberg, Michael Jordan, Derek Allard, Brendan Berg, Bucky Driedger: A talented band can only be compared to themselves. Their new album "Today We're Believers" will make many a "best of" list this year.



38) **Jodi Moskal**: A vocal and consistent supporter of Winnipeg, this year Jodi took over as Chair of the Winnipeg Chamber of Commerce. It looks good on her, and you can sense a genuine desire for our city to succeed.



37) **Dr. Dhaliwal**: One of the most inspirational and engaging speakers ever on the subject of cancer. As President and CEO of CancerCare Manitoba, Dr. Dhaliwal spent 10 years fighting for those with cancer, and driving home messages of prevention.

36) **Sam Baker**: Sam was born in 1903. Through the good times and bad, Sam prospered until passing away this year as Manitoba's oldest person at the age of 109. Quote from Sam on his 100th birthday: "It's nice to be important but more important to be nice."



35) **Ryan Veldkamp**: Diagnosed with T-cell Acute Lymphoblastic Leukemia a few years ago, Ryan has been fighting for his life ever since. Ryan has been chosen the Children's Hospital Foundation Champion Child and will serve as their ambassador.

34 - 31) **Ashley Tully, Eddie & Brenda Marion-Gerula and Jenn Wittick**: From the tragedy of the passing of Lisa Gibson and her children rose "Run for Mums". These four organized the walk/run in support of Mood Disorders Association of Manitoba.

30) **Karen Dana**: Winner of the 2013 Volunteer Manitoba William Norrie Outstanding Community Leadership Award, for her 33 years of commitment at the Winnipeg Folk Festival and her dedication to improving the quality of life for children through arts.

29) **Sangeetha Nair**: A tireless and positive advocate, voice, and volunteer for those who need it. Her work for anti-bullying initiatives, mental health, mental illness, cancer and anyone or anything in between that needs a hand has been an example to us all.



28 - 27) **Lawrence & Chris Warwaruk**: The brothers decided since they were growing barely and hops on their Neepawa farm, they should use their own product to brew their own beer. The result is Farmery Premium Lager, one of the finest beers on the shelf.

26) **Ashley Meilleur**: Ashley handed a lunch bag to a woman on the street not realizing her \$700 phone was still inside. The woman who ended up with the phone contacted Ashley's mother, and a meeting was arranged. Meilleur was stunned and moved.

25) **Mike Deal**: An excellent photographer and super good guy, his Instagram portrait project has captured unique faces of Manitobans and is a must follow on IG. You're looking for #portraitproject2013.



24 - 23) **Larry Finnson & Chris Emery**: We already knew about them after the massive success of their Clodhoppers candy, but they were on Dragon's Den this year pitching a new candy, OMG's. Arlene Dickinson was impressed, and so now apparently is Wal-Mart.



22 - 15) **The Mariachi Ghost**: Jorge Requena, Gabriel Fields, Adam Kroeker, Bruce Berven, Rafael Reyes, Ian Mikita, Tim Friesen, Alexandra Garrido: Easily one of the greatest bands and live shows you will ever have the pleasure of watching. The sound is Mexican traditional folk music mixed with some progressive rock, some acid jazz and different choral arrangements.



14) **Kathy Turner**: Those of us that like to run races on the weekends owe a debt to Kathy. Kathy, from the Running Room, is everywhere from early spring to late fall, some weekends having almost double-digit races to execute over a very short period of time.

13) **Chrissy Troy**: Let it be known publicly that nobody outworks Chrissy Troy. She gives as much of her time as she possibly can, and is a tireless supporter of hundreds of causes. She is my role model.

12) **Meira Cook**: Wrote what until recently was a little-known novel set against the end of apartheid in South Africa. "The House on Sugarbush Road" is McNally Robinson Manitoba Book of the Year. Christmas present idea right there.



11) **Allen Rogowski**: Known as "Super AI" at Agape Table, AI has been a mainstay at Agape since it started. He credits Agape Table with getting him off the streets 33 years ago. He then spent 20 years there as a volunteer and has been on staff for the last 13.

10) **Erika Dueck**: Holds a Bachelor of Fine Art with Honours from the University of Manitoba and this year was named national winner of the BMO 1st Art! Invitational Student Art Competition for her mixed media installation, The Ephemeral Mind.

9) **Tim Hague Sr.**: The other half of the Amazing Race Canada winning Tim & Tim team. He took us on a journey of overcoming odds and challenging all we thought we knew about Parkinson's Disease. He won the show in more ways than one.



8) **Sandi Reimer**: Sandi has survived multiple car collisions, and worse. Her goal is to run 100 races by the time she is 50. I first met her at the WFPS half marathon. She does all this on one leg.

7 - 3) **Diana Carrier, Tiago Martins Araujo, Geoff Nagy, Meng Cheng Lau & Andrew Winton**: They are the "Snobots". What did the Snobots do? They are a team from the U of M who made the BEST ROBOT IN THE WORLD. The crew traveled to Kuala Lumpur to compete in FIRA, the oldest robotics competition in the world. And they won.



2) **Nathan Unrau**: Nathan, 13, is living proof that anyone can make a difference. The founder of "Lunches with Love" went from 47 lunches to 1000's of lunches for those in need, dozens and dozens of volunteers, and national recognition.

1) **Althea Guiboche**: Also known as the "Got Bannock Lady". She went out to feed the hungry, and persevered. After being shut down by the province because she didn't have the required permits, and then waking up to her vehicle vandalized, she carried on.

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*Winnipeg one-legged runner inspires*

Shane Gibson  
Metro Winnipeg

## LOSING A LEG HELPED WINNIPEGGER GAIN A PURPOSE

Winning in the face of adversity is something Sandi Reimer knows all about.

And despite having one leg, the amputee athlete runs as many races as she can enter while there's no snow on the ground—with two crutches under her arms none the less—and picks up a stick to play sledge hockey for the Winnipeg Falcons when it's too cold for races.

But even more importantly Reimer holds a number of volunteer positions around town and uses the story of her fight against adversity to motivate special-need

teens she mentors.

"Adversity can be a very powerful thing," wrote Reimer in a blog recently posted to her Facebook page. "It has the power to take you out. It also has the power to make you physically and mentally stronger.

"The outcome is up to you."

Reimer is not slowing down. She has a goal to run in 100 races within the next decade, and this summer she added vertical adventurer to her resume by repelling down the RBC building in downtown Winnipeg to raise money for Easter Seals

Manitoba.

"As far as battle scars go, maybe you have them on the inside. Maybe they're on the outside," concluded Reimer on her blog. "Don't ever think they make you weak... They make you even more beautiful, strong, resilient, and brave.

"They tell a story: you went through the fire, and you're still here."



*Longtime Agape Table volunteer and staffer giving back after being helped himself*

Shane Gibson  
Metro Winnipeg

## AGAPE TABLE STAFFER GIVES BACK AFTER BEING HELPED HIMSELF

Allen Rogowski is a cornerstone at Winnipeg's Agape Table.

He's been tirelessly helping the inner-city not-for-profit dole out nutritious meals and groceries to Winnipeg's less fortunate for well over three decades, and he knows first hand how important the work he does is.

Rogowski credits Agape Table for helping him get off the streets 33 years ago.

"He's our longest serving staffer, and before that he was a volunteer for 20 years, and, before that, when Agape Table first started he was a community member,"

said Agape Table chair Sean Brennan of Rogowski, whose years of service has earned him the nickname 'Super Al' at the organization. "Al has done every task that we've set for him... he does everything around here."

Over his years at Agape Table, Rogowski has been involved in virtually every aspect of the organization's operations, from slaving over the ovens to making sure the facility is clean and equipment is in tiptop shape.

"Al has had a very personal journey and in the last 12 years he's really come out of his shell,"

said Brennan. "At one time he was kind of isolated in our off-site kitchen and now he's just an integral part of our day-to-day.

"He greets our guests and promotes our vision and mission and the value of community within Agape Table and he really is just a terribly important part of that community."





Tom Daley

## Diving into love: Gushing Daley unable to get boyfriend out of his head

Tom Daley is more than happy to gush about boyfriend Dustin Lance Black — though he doesn't mention him by name — now that he's opened up about dating a man. "We were at a party and I hadn't even spoken to him all night. I didn't know what to do or if he was gay at first," Daley tells Jonathan Ross during an interview. "I typed 'call me' in his notes with a smiley face on his phone and the

next day he texted. He makes me feel safe and happy. Right now I couldn't be happier." And it seems things are pretty serious between the two. "I'd never felt the feeling of love. It happened so quickly," Daley says. "I was completely overwhelmed by it to the point I can't get him out of my head all the time. I've never had it before where I love someone and they love me just as much."



Cynthia Nixon ALL IMAGES GETTY

## Charlotte will try to twist Miranda's arm to complete Sex and the City trilogy

While Cynthia Nixon may have shot down the idea of a third Sex and the City film, co-star Kristin Davis is still holding out hope. "I'm going to have a little talk with Cynthia the next time I see her," Davis tells Haute Living

magazine. "I don't think (a third film) is a pipe dream. There is a discussion. People talk about it amongst the people who are the players, but I don't know if it will come together. It would be very exciting if it did."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Paltrow's festive Kors collection too rich for most people's blood

TINA CHADHA  
Metro World News

Last month, we found out that Gwyneth Paltrow and Michael Kors would create a special holiday collection for Goop, Paltrow's lifestyle site. Well, that day has come, people. The line — which consists of

some of the Oscar-winner's favourite Kors pieces, but updated — debuts on the site Thursday and includes a high-end suede tote, an oversized gold watch, leather smoking slippers, a cashmere cape, a grey structured peplum sweater and a military-inspired wool coat. But like the clothes you imagine Gwyneth creating her organic meals in, these threads veer on the luxe side. The items range in price from \$145 for a bracelet to \$2,595 for the cosy cape. Something a bit more universal: Kors' grandmother's recipe for easy-to-make butter cookies.



Amanda Bynes

## Free woman Bynes 'feeling better every day'

Amanda Bynes is a free woman once more. The troubled actress has completed her in-patient treatment and is at her family's home for the holidays, according to People magazine. "She's feeling better every day," her mother's attorney, Tamar

Arminak, tells the magazine. "Despite the fact Amanda is no longer in a facility, her outpatient treatment is continuing. She's very happy to reestablish the loving relationship with her family that she once shared." Bynes' next court date is set for Jan. 7.



Britney Spears

## Hey critics! Don't you dare burst Britney's bubble

The reviews for Britney Spears' new album, Britney Jean, have been pretty terrible — but Spears herself has no idea. "Britney's manager, Larry Rudolph, and her father, Jamie, won't allow her to see any of the bad reviews," a source tells Radar Online. "Britney doesn't even have access to the Internet and lives in a bubble."

Her team will allow her to believe that the album is being well-received. No one wants to upset Britney. If she were to read anything negative, it could send her into a bad tailspin, and both Larry and Jamie know that can't happen with her upcoming shows in Vegas about to launch.



### Twitter



@kirstiealley

oh lord how I love to make people laugh ...and vice versa ! We all need somethin to make us float off to happy land..and Sitcom is Drug free



@DanaDelany

Just opened a jar of honey vintage 1996. Did you know it's the only food that doesn't spoil? Besides Twinkies, of course.



@JasonAlexander

My kid kneed me in the nuts 2nite. It was in the guise of a self defense demo but I frankly think he just flat out kneed me in the nuts.



# BE YOUR OWN BARISTA THIS HOLIDAY SEASON

If you are like most party hosts, you spend more time in the kitchen preparing food and drinks than socializing with your guests, which isn't a very merry way to spend the holidays. This year, don't

be the bartender all night. Instead, create a fun and festive DIY coffee bar and let your guests be their own barista.

After dinner, set up an area where guests can make their own hot beverages for a delicious way to end the evening. Leading brand Bosch says that with its Tassimo T47 single-serve brewer, your guests can make customizable drinks with the push of a button — all in less than a minute.

For you, there will be no more guess work or order taking. This at-home brewer (with patented barcode technology) will give guests the freedom to enjoy a variety of beverages from coffees, cappuccinos, and lattes, to teas and hot chocolate made perfectly every time.

Set out holiday-themed mugs and bowls with crushed candy cane pieces, chocolate shavings, cinnamon sticks, whipped cream and cherries to garnish. It's so easy, even kids can be Santa's little helper.

— News Canada



NEWS CANADA



COLOURBOX

## PERKINS UNVEILS NEW LOCATION

Perkins Restaurant & Bakery is proud to introduce its newest, convenient Winnipeg location at 1629 Kenaston Blvd.

This property hosts a cosy semi-private fireplace area off the main dining room that comfortably seats 40 guests. During the summer, the patio area will delight diners as they enjoy a hearty breakfast, lunch or dinner under the blue sky of the Prairies.

Freshly baked on the premises, Perkins' savoury favourites can be enjoyed on-site or to take home. Delicious pies, breads and its famous Mammoth Muffins® are baked and await you.

Perkins loves to celebrate guests' milestones. Sign up for a MyPerkins™ member account at [perkinsrestaurants.com](http://perkinsrestaurants.com) and receive a free breakfast on your birthday.

Perkins' new "fit favourites" menu offers delicious, healthy options, all less than 650 calories.

A few of the options you simply must try are the spinach and baby bella scramble, succulent Italian grilled chicken salad, and lemon pepper tilapia, finely seasoned and topped with grilled portobello mushrooms served with a side of herbed rice. Before you go, learn more about Perkins



CONTRIBUTED

healthy options by visiting its nutritional portal at [nperkinsrestaurants.com](http://nperkinsrestaurants.com).

Extended hours of operation at the new Kenaston location are Sunday to Wednesday, from 6 a.m. to 10 p.m., and Thursday to Saturday, from 6 a.m. to 11 p.m.



**1629 Kenaston Blvd.  
Winnipeg, Manitoba  
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# EAT HEALTHY AT TASTE OF MEDITERRANEAN

Taste of Mediterranean's cosy atmosphere, attentive staff and delectable, healthy menu have certainly been a hit with Winnipeggers looking to capture the flavours and essence of the Mediterranean Sea.

Since opening its doors at 244 Kennedy St. in downtown Winnipeg on June 11, 2013, diners have experienced a range of popular regional dishes such as succulent grilled Lebanese chicken shawarma and Greek gyro.

The savoury menu also offers several varieties of pita sandwiches, salads, appetizers, souvlaki, saucy potatoes, falafel, hummus and fabulous tabouleh salad.

One particular item on the menu that loyal customers say will surely guarantee repeat visits is the Taste of Mediterranean's mouth-watering chicken shawarma.

"This is my favourite shawarma by far in Winnipeg. I love all of the food here," said one diner who posted a review on the Urban Spoon website.

For diners wishing to find detailed information on the nutritional components of the most popular menu items, visit the



CONTRIBUTED

nutrition tab on [tasteofmediterranean.ca/nutrition](http://tasteofmediterranean.ca/nutrition).

Taste of Mediterranean also offers a

convenient catering service that is available for delivery and pick-up.

Hours of operation are Monday to Fri-

day, from 11 a.m. to 9 p.m., and Saturday from noon to 8 p.m. The restaurant is closed Sundays.

ON THE MENU

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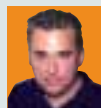
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# 3 LIFE

## Liquid Assets

### Liqueur in the spotlight



**LIQUID ASSETS**  
Peter Rockwell  
@therealwineguy  
liquidassets@eastlink.ca

The term liqueur covers a lot of ground — from decadent, cream-based combinations, all the way to secret blends of herbs and spices. Most have a life outside of the holiday season, but I bet that for the majority of you buying a bottle in December is your yearly liqueur fix.

There's something sad about that. The liqueur market has never been more vibrant, venturing into packaging and flavour innovation territory any other booze category would fear to tread.

Not that the old standbys are resting on their liquid laurels. Bailey's (the Irish king of Christmas drinking) has introduced new flavoured family members and even Grand Marnier has dipped its cap in the pool of fruity expression, creating a special series of alternative versions.

Never to be outdone, Mexico's Kahlúa Limited Edition Gingerbread Liqueur (375 ml, \$15.49 - \$16.99) starts with the classic mix of rum and Arabica coffee and then adds gingerbread, nutmeg, cinnamon and clove. It results in a seasonal treat that's great over ice or as fuel in your favourite cup of joe. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**



# Gingerbread graduates to a grown-up torte

## Almond-Chocolate Gingerbread Torte.

This decadent treat features the quintessential holiday flavour with chocolate and almonds

1. Heat oven to 180 C (350 F). Coat two 23-cm (9-inch) round layer cake pans with vegetable spray.

2. In a mixer bowl, beat butter until fluffy. Beat in

### Ingredients

#### Chocolate Ganache Glaze

- 90 ml (6 tbsp) whipping cream
- 22 ml (1 1/2 tbsp) light corn syrup
- 250 ml (1 cup) semi-sweet chocolate chips

#### Cake

- 125 ml (1/2 cup) butter, softened
- 125 ml (1/2 cup) sugar
- 125 ml (1/2 cup) molasses
- 2 eggs
- 5 ml (1 tsp) vanilla
- 300 ml (1 1/4 cups) all-purpose flour
- 125 ml (1/2 cup) unsweetened cocoa powder
- 10 ml (2 tsp) ground ginger
- 7 ml (1 1/2 tsp) cinnamon
- 5 ml (1 tsp) baking powder
- 2 ml (1/2 tsp) allspice
- 125 ml (1/2 cup) buttermilk
- 150 ml (2/3 cup) toasted slivered almonds, divided
- Chocolate Ganache Glaze
- 75 to 125 ml (1/3 to 1/2 cup) apricot or peach preserves



This recipe serves 12. THE CANADIAN PRESS

sugar, then molasses to blend thoroughly. Beat in eggs, one at a time. Beat in vanilla.

3. In another bowl, sift dry ingredients together. Beat into butter mixture just to blend. Mix in buttermilk. Coarsely chop 75 ml (1/3 cup) of the almonds; mix into batter. Pour into prepared pans, dividing equally and smoothing tops. Bake in centre of oven for about 15

minutes, just until springy to the touch. Let cool in pans on racks for 5 minutes, then turn out onto racks to cool completely.

4. Meanwhile, prepare glaze. In a small saucepan over medium heat, bring whipping cream and corn syrup to a boil. Remove from heat and mix in chocolate chips until smooth. Let cool until mixture is thick

enough to spread on cake. Set aside.

5. Place one cake layer on a serving plate; cover with preserves and drizzle with glaze. Top with remaining cake layer. Spread glaze evenly over top and sides of torte. Garnish with remaining almonds. Let glaze set for at least 1 hour before serving. **THE CANADIAN PRESS/ ALMOND BOARD OF CALIFORNIA**

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Real Christmas trees enhance the senses during the holidays — PAGE 35



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**Kindle Paperwhite — \$139 and up**

Amazon's popular eReader has undergone an upgrade, just in time for Christmas. The latest model features a faster

processor, higher contrast screen, and a next-gen lighting system that is brighter and more uniform than before. For those who read on the go, splurge for the 3G model, which lets you download books without Wi-Fi and no monthly fees.

**Kobo Aura HD — \$169.99**

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# Season's readings

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**DryCASE waterproof eReader case — \$66.98**

Know someone who likes to take their eReader in the bathtub? How about the beach? These vacuum sealed pouches protect your eReader (among other devices) from dirt, sand, and, most importantly, water, while still allowing you to use them. They also have built-in headphone and microphone jacks. Not the sexiest case, but it beats using a plastic bag.

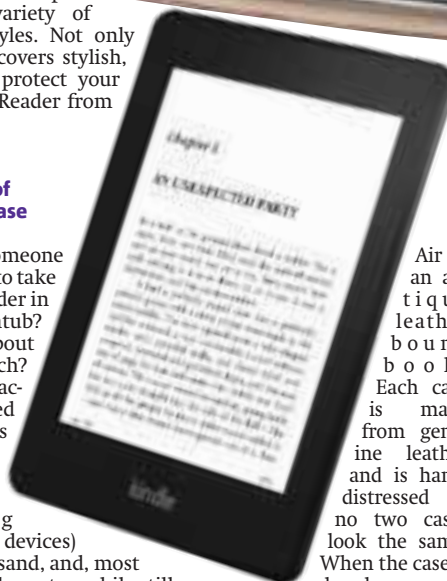
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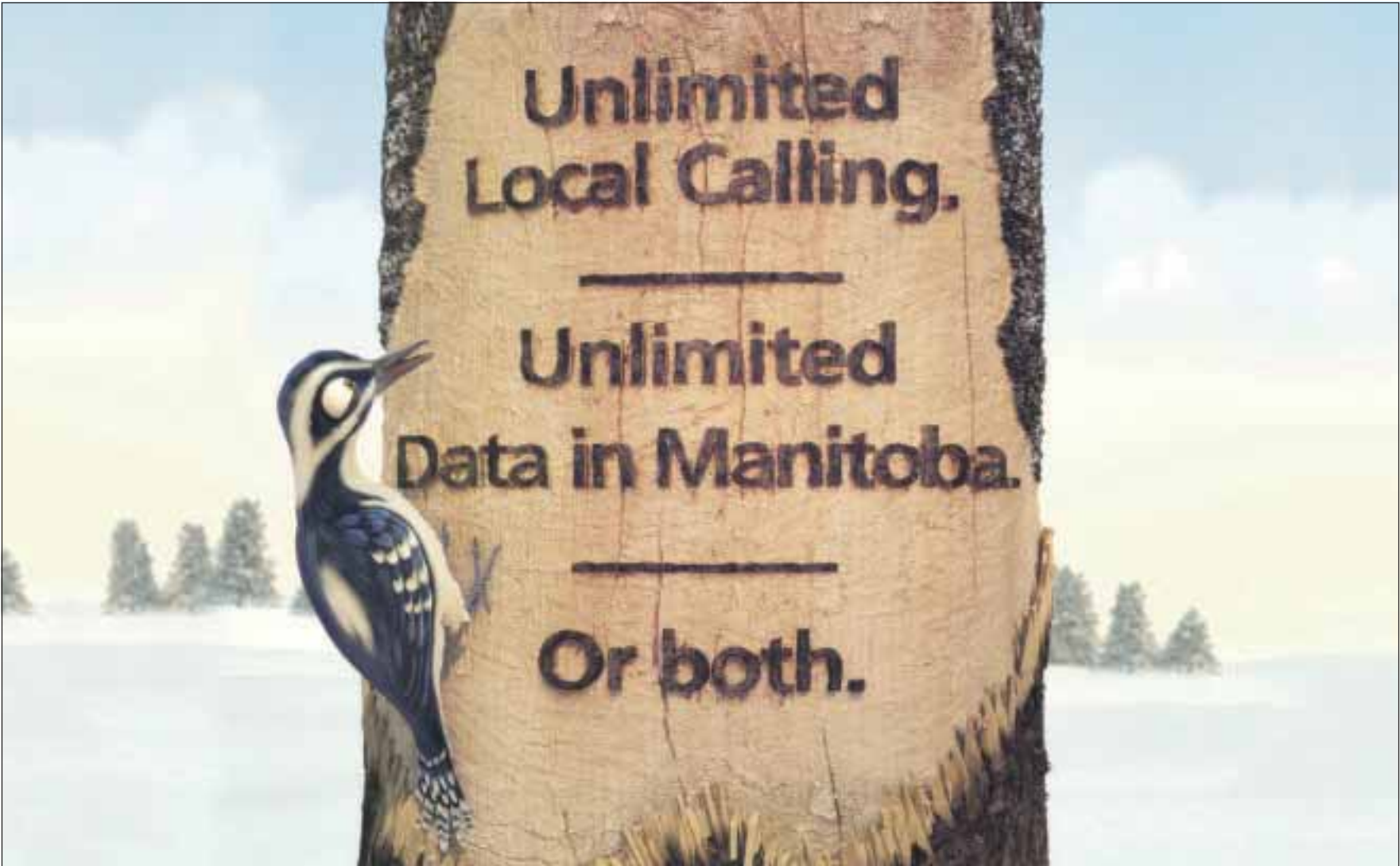
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# Pick a Christmas tree that makes the cut

**Choices.** Firs have taken over from pine trees when it comes to real trees in the home



**MICHELLE WILLIAMS**  
For Metro

All Christmas trees are beautiful — even Charlie Brown's scrawny little twig was a winner once it was all jacked up with decorations.

But if you are a bit fussier, here is a list of some of the most popular trees with the help of Arthur Loewen, president of the Canadian Christmas Tree Growers Association.

At one time, the pine tree was the No. 1 holiday tree, but this wide, heavy, long-needled tree has been replaced in popularity by the fir, a lighter, thinner, short-needled tree grown in many varieties across the country.

Native to Canada's East Coast, the Balsam fir is a nice-looking, hardy tree that sells for a relatively good price.

"It keeps moderately well, has rigid stems that don't sag when you hang decorations, and it has a thin trunk, which makes it easier to handle and put into a stand," Loewen said.

Gaining in popularity is the Fraser fir, also found primarily in Eastern Canada, but also in the west. It's pricier for a few reasons.

"It's the best needle keeper when you bring it inside," Loewen said. "It's lightweight, narrow, has the most rigid branches, and tends to last longer than the Balsam."

But the big reason for



Real Christmas trees can help enhance the holiday experience. PRESSMASTER/SHUTTERSTOCK

the extra cost is that there is more work in raising a Fraser fir to harvest.

They take longer to grow than other firs, they grow best in dry areas and are more prone to disease and insects.

In the West, the Douglas fir tops the list.

"It matures quickly, so it's not as expensive to grow," Loewen said.

However, it doesn't last as long and the branches do sag a bit more than the more expensive Noble fir, also native to the West.

"The Noble fir is much like the Fraser, except it has a bluish colour," Loewen said.

Priced like the Fraser, this "king of the Christmas trees" grows slowly but does well as a holiday tree.

## Christmas Tree Day

The Canadian Christmas Tree Growers Association has declared Dec. 7 as National Christmas Tree Day. The following are some facts and figures from the Canadian Christmas Tree Growers Association:

- Canada harvests approximately 2.5 millions trees annually.
- There were 2,381 Christmas tree plantations in Canada in 2001.
- More than 34,600 hectares (76,700 acres) were used for growing Christmas trees in Canada in 2011.
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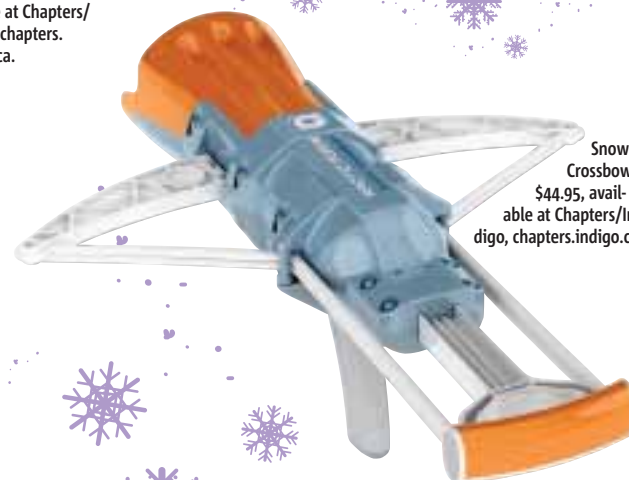
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# Novel ways to wrap your presents

For those who feel as though they don't have the time, inclination or creativity to wrap presents, don't reach for that gift bag just yet.

It's understandable many would opt for the hassle-free tote and tissue paper to meet their gift-wrapping needs. But a specialist in personalizing presents says flexing creative muscles while dressing up items can be enjoyable for both givers and recipients.

"Gift wrapping should be fun," said Corinna vanGerwen, a Toronto-based stylist who offers gift wrapping and paper craft workshops and shares wrapping tips on her blog, Corinna Wraps (corinnawraps.com). "You want to do it on a level you're comfortable with. And if you're not comfortable getting all fancy, don't take it there."

"I think the main thing is to enjoy yourself and consider that you're giving a gift either because you're showing somebody appreciation ... you're saying thank you, you're showing that you love them, that they're part of your life. Giving a gift with the gift wrapping, you can continue that sentiment — and you can enhance it."

Here are a few expert tips on how to add innovation and festive flair to holiday gift wrapping:

**1** Add pop with personal touches. If you've placed considerable thought in purchasing a present that speaks to the recipient, adopt the same approach when it comes to selecting the exterior wrapping, noted vanGerwen.

That could entail something as simple as selecting their favourite colour for wrapping paper, or channeling interests or hobbies for stylish inspiration.

Unsure of what touches to



Hand-wrapped gifts with personalized touches like artwork and ornaments are displayed from Ikea Canada. THE CANADIAN PRESS

add? Glitter is a holiday go-to, said vanGerwen. Or use glittery masking tape instead of traditional varieties.

**2** Play with alternative forms of paper. If you don't have sheets of gift wrap available, virtually any other form of paper can be substituted. Consider using wax paper layered over tissue to create a frosty look, said vanGerwen.

Reading materials — like an old map — can also have a second life as gift wrap.

"Everybody knows the standby — use the newspaper. But choose the nicest pages from it. Maybe that's the page

with the stocks on it because it's a little bit more graphic," said vanGerwen.

If one magazine page isn't sufficient, tear out six from the same colour palette and bind them together using coloured tape to create a sheet large enough to cover the item.

**3** Have fun with fabric. Sourcing usable materials to cover presents could be as close as the fabric aisle.

Furoshiki is a form of traditional Japanese wrapping cloth used to transport clothing, gifts or goods, said Alicia Zoffranieri, design spokeswoman for Ikea Canada.

Whether adorning cubic, rectangular or cylindrical gifts, the right pair of fabric-cutting scissors and a sufficient amount of material can be key tools for gift wrap.

Taking wine to a festive gathering? Wrap the bottle in a new tea towel and it instantly becomes part of a host gift, said vanGerwen.

She also suggested writing a note on a label and sticking it on the bottle, or using alphabet stickers to spell out a festive-themed message — like "Cheers" or "Happy Holidays" — which will save having to wrap it. Another option is to tie a short strand of tinsel gar-

land around the neck.

**4** Choose a cool container. From Mason jars to photo boxes, containers which may already be in your home could be repurposed to house gifts.

"You can either use vintage boxes, vintage tins, cookie tins — any metal tins you've gotten cookies in from the grocery store," said vanGerwen.

**5** Tie — or paint — one on. Colourful baubles used to trim Christmas trees or fill vases can be incorporated as part of gift decor.

"Ornaments are one of my favourite gift toppers because they won't get thrown out."

People can then use them again, either reusing them for another gift or hang them on their tree or in their house. And you can get them for relatively inexpensive," said vanGerwen.

"I tend to stock up on the good old classic Christmas balls. You can get them in all sorts of sizes from really tiny to larger and usually you can group them."

She typically teams ornaments in clusters of three, loops a bow through and ties the decoration around the gift or the neck of a wine bottle to add "instant holiday sparkle."

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# Festive flicks to enjoy with the family



**MICHELLE WILLIAMS**  
For Metro

It's time to settle in with the family for a night of holiday fun watching your favourite festive videos.

Metro asked Dave Bullard, purchasing manager for Movie Experts Inc. in Toronto, to choose some popular movie titles for the holiday season.

## Home Alone (1990)

Starring Macaulay Culkin, Joe Pesci, and Daniel Stern.



An eight-year-old boy, accidentally left behind by his family, must defend his home against idiotic burglars. Mischievous, almost

cartoonish, fun for all ages. Don't miss John Candy as Gus Polinski, polka king of the Midwest.

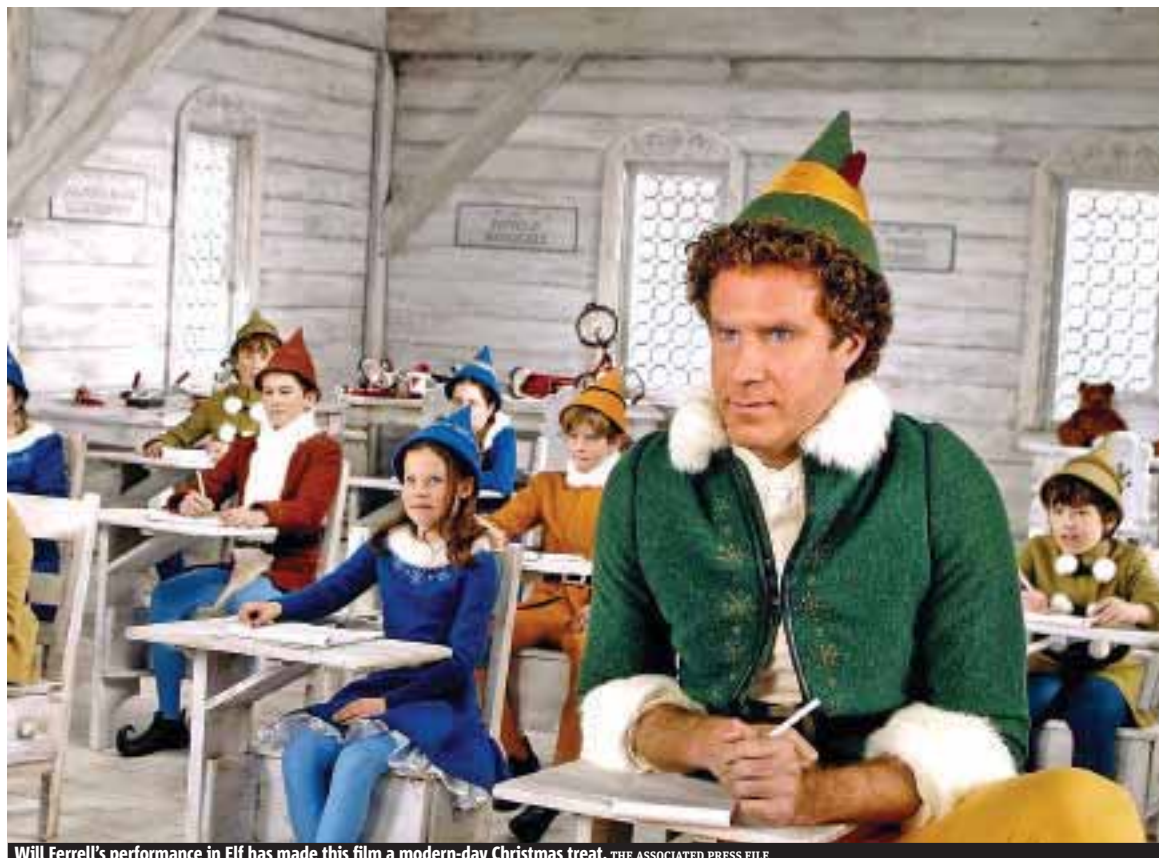
## Elf (2003)

Starring Will Ferrell, James Caan, and Bob Newhart. The story of a young child who



was adopted by Christmas elves, then returns to the human world to find his father and his true identity. Ferrell's performance as an over-

sized elf has made this film a modern-day Christmas treat.



Will Ferrell's performance in *Elf* has made this film a modern-day Christmas treat. THE ASSOCIATED PRESS FILE

## National Lampoon's Christmas Vacation (1989)

Starring Chevy Chase, Beverly D'Angelo, and Juliette Lewis. The Griswold family gathers for Christmas where nothing seems to go right. Shocking at times and quite hilarious, it's a Christmas movie that has become regu-

lar holiday viewing for many.

## A Christmas Story (1983)

Starring Peter Billingsley, Darren McGavin, and Melinda Dillon. A boy's yearning to get a Red Ryder BB gun for Christmas and all the trials and tribulations that go into getting one. The

film just has so many memorable movie moments, like the tongue stuck on the pole, that are hard to forget.

## The Santa Clause (1994)

Starring Tim Allen, Judge Reinhold, and Wendy Crewson. A divorced father accidentally kills Santa Clause

and, in doing so, assumes the mantle of being jolly old St. Nick. Allen shines as a reluctant Santa Clause, so much so that it spawned two sequels.

## Scrooged (1988)

Starring Bill Murray, Karen Allen, and John Forsythe. An

updated take on the classic *A Christmas Story*, with Murray taking on the role of a wicked man with little time left to change his ways. A fresh take on a holiday classic with loads of cameo appearances. Murray is slimy and reprehensible, which makes him the perfect Scrooge.



## Scoot & Kassie's Christmas Adventure (2013)

Starring Luke Perry, Ariana Bagley, and Taylor Negron. New this holiday season, Kassie and her friends have organized a charity concert for less-fortunate kids, but when two crooks steal the cash, Kassie's pet dog Scoot (a former police dog) leads an unlikely group of heroes to catch the bad guys and save Christmas. A heartwarming charmer that will have the whole family cheering.

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Try to pick a Christmas tree with a strong green colour and noticeable fragrance. SYDA PRODUCTIONS

## Guidelines. Shedding light on tree safety



JANE  
DOUCET  
For Metro

Many Canadians look forward to the annual ritual of trimming the Christmas tree with favourite decorations and strings of lights.

In order to enjoy your beautifully appointed tree safely, follow these guidelines

from the Canada Safety Council:

- Get a freshly cut tree, which will stay green longer and be less of a fire hazard. Try to pick one with a strong green colour and noticeable fragrance.

- Always test for freshness before buying; a tree with a high moisture content is safer. Very few needles should fall when the butt of the tree is tapped

on the ground. Needles should bend, not break, and the stump should be sticky with resin.

- Place the tree in a stand that will hold two to three litres of water and top it up daily. Make sure it's always immersed in water. If water drops below the trunk the stem may reseal itself, requiring a fresh cut. Use a stand that has widespread legs for stable balance.

- Don't set your tree up near a heat source such as a radiator, fireplace, heating duct, television or sunny window. It also shouldn't block doors or windows.

- Choose decorations that are flame-retardant, non-combustible and non-conductive. Don't hang metallic ornaments — if they make contact with defective wiring, they could become a shock hazard.

- If there are young children or pets in your home, avoid hanging small decorations, which could cause choking if swallowed.

- Never put lighted candles on the tree.

- Use light strings and sets that have been certified by the Canadian Standards Association (CSA).

- Use the proper lights for the environment. For example, indoor sets shouldn't be used outside because they lack weatherproof connections, and some outdoor lights burn too hot inside.

- Don't overload electrical wall outlets; it's an unsafe practice that could cause a fire.

- Inspect cords before using them to make sure they are CSA certified and they don't have frayed or exposed wire.

- Remove the tree 10 to 14 days after you set it up. After that length of time in a heated room, even the freshest tree can start to dry out.



Consider a cookie swap for your next Christmas party.

ELINA MANNINEN/COLOURBOX

### Themes for your Christmas get-together

If you are planning a theme for your Christmas party bash, here is a list of ideas:

**Funny sweater party:** All the guests should wear their funniest sweater. The sweater should be somewhat related to the holidays, or have been a Christmas gift.

**Christmas cookie swap:** People use to exchange their Christmas cookies with each other years ago, so consider reviving this tradition with your family and friends. Add cupcakes, brownies and cakes if you want to broaden the goodies selection.

**Gift-wrapping party:** Most people find wrapping gifts frustrating. By hosting a wrapping party you can collectively wrap the gifts in a holiday setting. Ask guests to bring their gifts and you arrange the wrapping paper and scissors with which they wrap up their gift. Many interesting patterns and ways to wrap can be shared and discovered.

METRO NEWS SERVICES

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## Helping Habitat for Humanity

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Retailing at \$7 each, with net proceeds of \$80,000 benefitting families across the country, this Habitat for Humanity Canada feature product is available in select

Loblaws stores, including Real Canadian Superstores.

The net proceeds will be donated to Habitat for Humanity Canada affiliates across Canada.

The gingerbread house also allows families to share a special moment together, building a gingerbread house and teaching children about giving back to those in need. Approximately 1.5 million Canadian families are currently in need of basic necessities.

"Habitat for Humanity Canada is a proud partner of Loblaws," said Kevin Marshman, president and CEO of Habitat for Humanity Canada. "Their Everyday Essentials line of products helps families purchase affordable products for the home. Their support over the past three years has helped us provide even more low-income families with the hand-up of a safe and decent home they can afford."

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and scalp revitalizer. From \$30 to \$69 via Aveda salons, spas and stores.

**Biotherm Homme Special-Edition Skincare gift set** (\$52 via biotherm.ca) and **Rob Stewart's Revolution** (\$15 via Target, Futuresshop and therevolutionmovie.com) are sold separately, but together make a great underwater adventure theme gift. Both contribute to charities that protect global ocean resources.

**Braun CoolTec Shaver** is the first dry electric razor during use to reduce shaving irritation. From \$149.99 at London Drugs and Best Buy. See braun.com for more retailers.

**Clarisonic Aria** is the latest version of the lauded skin care cleansing system. It's more streamlined, travel-friendly, has three speeds and comes in black. \$225 at Shoppers Drug Mart beauty boutiques and Sephora.

**Kiehl's Facial Fuel** Energizing Moisturizer wakes skin up with antioxidants vitamins C and E as well as soy. Heavy Lifting Firming Moisturizer helps get rid of flaky patches, minimizes fine lines and improves elasticity and firmness. \$30 and \$40 at Kiehls stores and kiehls.ca.

**Lush Dirty Gift Set** is a zippy fresh, wake-him-up trio of Dirty Springwash shower gel, Dirty Body Spray

and refreshing Dirty Toothy Tabs. \$44.95 at Lush stores and lush.ca.

**Micropedi Man Rapid Hard Skin Remover** swiftly and painlessly buffs away rough, dry skin to leave feet smooth and comfortable. \$49.99 at Shoppers Drug Mart.

**Shiseido Man Active Energizing Concentrate** is a quick-absorb fluid that controls oil and shine, and firms and brightens skin, too. \$70 at Hudson's Bay and thebay.com.

**Sonicare Black Diamond-Clean Electric Toothbrush** delivers 31,000 brush strokes in two minutes, whiter teeth in seven days, and improved gum health in two weeks. Comes with USB rechargeable case. \$229.99 at Shoppers Drug Mart, Target and London Drugs.

**Tay Essential Oils Bar Soap** are long-lasting, triple-milled, skin-softening natural soaps scented with zesty bitter orange and orange twig. \$16 each at select boutiques; tayskin.com.



Aveda Invati, clockwise, from left, Lush Dirty Gift Set, Tay Essential Oils Bar Soap, Clarisonic Aria, Shiseido Man Active Energizing Concentrate, Braun CoolTec Shaver, Kiehl's Facial Fuel Energizing Moisturizer, and Micropedi Man Rapid Hard Skin Remover.

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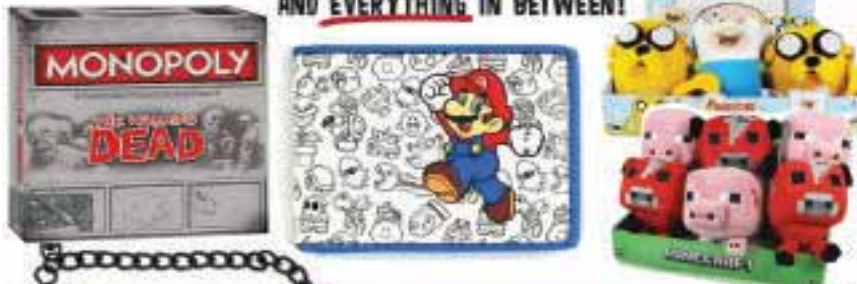
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Ottawa

## RedBlacks to name Campbell head coach

The Ottawa RedBlacks have found their man.

According to a CFL source requesting anonymity, the RedBlacks have chosen Calgary Stampeders defensive co-ordinator Rick Campbell as their first head coach. They're expected to make it official Friday morning at a news conference.

THE CANADIAN PRESS

Toronto

## Burke joins Argos as defensive co-ordinator

The Toronto Argonauts hired Tim Burke as their new defensive co-ordinator.

Burke replaces Chris Jones, who last month was named head coach of the Edmonton Eskimos.

Burke served as head coach of the Winnipeg Blue Bombers from August 2012 through the 2013 season before being relieved of those duties.

THE CANADIAN PRESS

Saskatchewan

## Riders sign four vets to extensions

Receivers Chris Getzlaf and Rob Bagg and offensive linemen Brendon LaBatte and Dominic Picard all signed contract extensions to remain with the Grey Cup champions Saskatchewan Roughriders.

Getzlaf, Bagg and Picard are under contract through 2015 while LaBatte's deal covers the 2016 season.

THE CANADIAN PRESS

# Homan hones in on semifinal in Winnipeg



Rachel Homan calls out directions to her rink on Thursday at MTS Centre.

JOHN WOODS/THE CANADIAN PRESS

**Curling.** Defending Canadian champion gets to sit and wait for her next opponent

Rachel Homan didn't care how she got a spot on the Canadian Olympic curling trials semifinal, it just mattered that her rink got one.

The defending Canadian champion from Ottawa defeated Stefanie Lawton of Saskatoon 6-5 in the final game of the seven-game round robin to finish 4-3, the same record as Winnipeg's Chelsea Carey and Ontario's Sherry Middaugh.

Homan got bumped to the semi, though, because her Ottawa rink fared better than Carey and Middaugh's teams on rankings based on draws to the button before games throughout the week.

"It wasn't important," Homan said of avoiding a tie-breaker at Winnipeg's MTS Centre. "It's nice to be able to get second place and go into the semi. Either way we

### Awaiting the competition

"We've played them both a million times, and it's going to be a good game either way, and, hopefully, we can win it in 10 (ends)."

Ottawa's Rachel Homan, on whether she would prefer to play Chelsea Carey or Sherry Middaugh in the semifinal of the Canadian Olympic curling trials.

had a chance and that's all we needed."

Carey and Middaugh will play their tie-breaker Friday with the winner taking on Homan in the evening. Winnipeg veteran skip Jennifer Jones already earned a bye into Saturday night's final.

Also Thursday, the federal government approved funding of more than \$2.5 million for the Canadian Curling Association in 2013-14.

CCA chief executive officer Greg Stremmlaw said the government's investment through Sport Canada is similar to the previous year's funding. **THE CANADIAN PRESS**

## Men's draw. Jacobs a cut above the rest at MTS Centre

Reigning Canadian champion Brad Jacobs defeated veteran Kevin Martin 5-4 Thursday to clinch a spot in Sunday's final of the Canadian Olympic curling trials.

The battle of the best took Jacobs' record to 6-0, but Martin goes to 5-1 and earns a berth into Saturday afternoon's semifinal.

The other semifinalist won't be determined until the men finish their seven-game Roar of the Rings round robin with a morning draw Friday at the MTS Centre.

With Martin leading 4-3, Jacobs blanked the eighth and ninth ends to keep the hammer in the 10th.

Both rinks had a pair of

rocks inside the four-foot, with a Jacobs' stone almost dead centre in the button.

Martin then put up a guard, forcing the 28-year-old Jacobs to raise his own guard and score two points.

Martin, who won gold at the 2010 Olympics and silver in 2002, is looking for a fourth trip to the Games.

**THE CANADIAN PRESS**



Brad Jacobs THE CANADIAN PRESS

# 4 SPORTS



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# Olsen gets Panthers purring past Jets

**NHL.** Defenceman tallies first NHL goal to help Florida end its 3-game losing streak

Dylan Olsen scored his first NHL goal to help the Florida Panthers beat the Winnipeg Jets 5-2 on Thursday night.

Jimmy Hayes, Nick Bjugstad, Tomas Fleischmann and Erik Gudbranson also scored for the Panthers. Tim Thomas stopped 29 shots and Scottie Upshall had two assists. Olsen also added an assist.

Olli Jokinen and Andrew Ladd scored for Winnipeg. Ondrej Pavelec made 21 saves.

The Panthers snapped a three-game losing streak and earned their first points during that span.

Olsen broke a 1-all tie at 3:31 of the second period when his wrist shot from the slot beat Pavelec. Upshall got his 100th career assist on the



Panthers goalie Tim Thomas stops a shot in front of the Jets' Devin Setoguchi on Thursday in Sunrise, Fla. JOEL AUERBACH/GETTY IMAGES

play.

The Panthers went ahead 3-1 when Fleischmann scored with 2:01 left in the second. A shot by Mike Weaver bounced off Pavelec's blocker, and Fleischmann poked in the rebound.

Florida stretched its lead to 4-1 at 5:37 of the third. Bjugstad wrapped the puck around from behind the net and bounced it off Pavelec's leg and into the net.

Jokinen, on his 35th birthday, made it 4-2 with 7:15 left in the game when he put the puck through Thomas' pads from in front.

Hayes scored with 2:44 remaining on a breakaway to make it 5-2.

The Jets took a 1-0 lead on Ladd's goal 5:27 in. Bryan Little passed from the right side to Ladd in front, and he wristed it into an open net. Little leads the Jets with 27 points.

The Panthers tied it on Gudbranson's goal. His slap shot from just beyond the right circle rifled past Pavelec on the stick side at 14:02 of the first.

The Panthers had a goal disallowed on video review at 6:58 in the first when it was ruled that the puck and the goalie were both pushed into the net. **THE ASSOCIATED PRESS**

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	30	18	9	3	82	63	39
Boston	28	18	8	2	76	57	38
Tampa Bay	28	17	10	1	79	68	35
Detroit	29	14	8	7	81	79	35
Toronto	29	15	11	3	80	79	33
Ottawa	29	11	14	4	83	95	26
Florida	29	8	16	5	66	97	21
Buffalo	29	6	21	2	49	88	14

#### METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	30	20	9	1	94	67	41
Washington	28	14	12	2	83	82	30
NY Rangers	29	15	14	0	65	72	30
Carolina	29	12	12	5	66	81	29
Philadelphia	28	13	13	2	63	68	28
New Jersey	29	11	12	6	64	71	28
Columbus	28	11	14	3	68	80	25
NY Islanders	28	8	15	5	74	96	21

#### Thursday's results

Toronto 3 Dallas 2 (OT)  
Tampa Bay 3 Ottawa 1

Florida 5 Winnipeg 2

NY Rangers 3 Buffalo 1

Pittsburgh 5 San Jose 1

Carolina 5 Nashville 2

Montreal 2 Boston 1

Minnesota 4 Chicago 3

NY Islanders at St. Louis

Colorado at Edmonton

Wednesday's results

Calgary 4 Phoenix 1

Montreal 4 New Jersey 3 (SO)

Philadelphia 6 Detroit 3

Friday's games — All times Eastern

San Jose at Carolina, 7 p.m.

Minnesota at Columbus, 7 p.m.

Detroit at New Jersey, 7 p.m.

Anaheim at Chicago, 8 p.m.

Colorado at Calgary, 9 p.m.

Phoenix at Vancouver, 10 p.m.

Saturday's games

Philadelphia at Dallas, 2 p.m.

Winnipeg at Tampa Bay, 7 p.m.

Nashville at Washington, 7 p.m.

Pittsburgh at Boston, 7 p.m.

Florida at Detroit, 7 p.m.

Buffalo at Montreal, 7 p.m.

### WESTERN CONFERENCE

#### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	30	20	6	4	108	84	44
St. Louis	26	18	5	3	91	60	39
Minnesota	30	17	8	5	74	70	39
Colorado	25	19	6	0	76	52	38
Dallas	27	13	9	5	76	79	31
Winnipeg	30	13	13	4	80	87	30
Nashville	29	13	13	3	65	83	29

#### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	28	19	4	5	97	67	43
Anaheim	30	18	7	5	93	80	41
Los Angeles	29	18	7	4	76	62	40
Phoenix	28	16	8	4	92	90	36
Vancouver	30	15	10	5	80	78	35
Calgary	27	10	13	4	74	94	24
Edmonton	29	9	18	2	75	101	20

Note: 2 points for a win, 1 point for overtime loss.

Toronto at Ottawa, 7 p.m.

New Jersey at NY Rangers, 7:30 p.m.

Anaheim at St. Louis, 8 p.m.

Calgary at Edmonton, 10 p.m.

NY Islanders at Los Angeles, 10:30 p.m.

#### SCORING LEADERS

	G	A	Pt
Crosby, Pgh	15	23	38
Malkin, Pgh	7	30	37
Kane, Chi	16	16	32
Getzlaf, Ana	14	18	32
Tavares, NYI	11	21	32
Steen, STL	20	11	31
Perry, Ana	16	15	31
Ovechkin, Wash	21	9	30
Zetterberg, Det	11	19	30
Thornton, SJ	5	25	30
Kunitz, Pgh	14	14	28
Couture, SJ	10	18	28
H. Sedin, Van	7	21	28
Karlsson, Ott	7	20	27

Thursday's games not included

#### MLS PLAYOFFS

##### MLS CUP

Saturday's game

Kansas City vs. Salt Lake, 4 p.m., EST

## NFL

### Thursday's result

Houston at Jacksonville

### Sunday's games — All times Eastern

Kansas City at Washington, 1 p.m.

Minnesota at Baltimore, 1 p.m.

Buffalo at Tampa Bay, 1 p.m.

Oakland at N.Y. Jets, 1 p.m.

Miami at Pittsburgh, 1 p.m.

Cleveland at New Orleans, 1 p.m.

Indianapolis at Cincinnati, 1 p.m.

Atlanta at Green Bay, 1 p.m.

Detroit at Philadelphia, 1 p.m.

Tennessee at Denver, 4:05 p.m.

N.Y. Giants at San Diego, 4:25 p.m.

Seattle at San Francisco, 4:25 p.m.

St. Louis at Arizona, 4:25 p.m.

Carolina at New Orleans, 8:30 p.m.

Dallas at Chicago, 8:40 p.m.

### NBA

#### Thursday's results

New York 113 Brooklyn 83

L.A. Clippers 101 Memphis 81

Miami at Chicago

#### Wednesday's results

Atlanta 107 L.A. Clippers 97

Phoenix 97 Houston 88

Dallas 100 New Orleans 97

Indiana 95 Utah 86

Portland 111 Oklahoma City 104

Cleveland 98 Denver 88

Detroit 105 Milwaukee 98

San Antonio vs. Minnesota, ppd.

#### Friday's games — All times Eastern

Philadelphia at Charlotte, 7 p.m.

Milwaukee at Washington, 7 p.m.

Denver at Boston, 7:30 p.m.

Orlando at New York, 7:30 p.m.

Cleveland at Atlanta, 7:30 p.m.

Golden State at Houston, 8 p.m.

Oklahoma City at New Orleans, 8 p.m.

Toronto at Phoenix, 9 p.m.

Utah at Portland, 10 p.m.

L.A. Lakers at Sacramento, 10 p.m.

#### Saturday's games

Denver at Philadelphia, 7 p.m.

L.A. Clippers at Cleveland, 7:30 p.m.

Miami at Minnesota, 8 p.m.

Golden State at Memphis, 8 p.m.

Detroit at Chicago, 8 p.m.

Indiana at San Antonio, 8:30 p.m.

Brooklyn at Milwaukee, 8:30 p.m.

Sacramento at Utah, 9 p.m.

Dallas at Portland, 10 p.m.

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## Horoscopes

### Aries

March 21 - April 20

You may be a nice guy but most likely you will refuse to come to the rescue of someone who is in distress today. It may seem heartless but it's the only way they are going to learn.

### Taurus

April 21 - May 21

Too often you have held back while those with considerably less talent have achieved the kind of success that should have been yours. Shed your inhibitions and let the world see what a star you are.

### Gemini

May 22 - June 21

You may be under pressure to apologize for something you said to a friend or colleague but is that wise? Not if you truly meant it. Besides, why give them the impression that you can be easily swayed?

### Cancer

June 22 - July 23

You may be behind in your schedule but don't worry about it. If anything, you should be aiming to conserve your energy now — if only because by the early part of next week you will be working harder than ever.

### Leo

July 24 - Aug. 23

There are only so many hours in a day, so identify your priorities and don't try to do everything at once. Aim for quality rather than quantity in all things at all times. One way or another, it will be enough.

### Virgo

Aug. 24 - Sept. 23

You have reason to be annoyed with someone but because you are an agreeable individual, you may allow them to wriggle out of it by saying the right words. That'd be a mistake.

### Libra

Sept. 24 - Oct. 23

It's not like you to look back and wish things had been different but that may be your attitude today. OK, so you could have done a lot of things differently and some things better but that's life.

### Scorpio

Oct. 24 - Nov. 22

Everything is going according to plan and even though you may not get all the things you desire today, you will certainly get all the things you need. The cosmos, as always, are looking over and looking after you.

### Sagittarius

Nov. 23 - Dec. 21

You may not be the best in certain areas but in one field of endeavor you have no equals and that is what you should be focusing on now. Don't try to be all things to all men.

### Capricorn

Dec. 22 - Jan. 20

Close your ears to criticism and don't waste time trying to get even with those who have let you down or said hurtful things. Time is too precious to waste on petty people.

### Aquarius

Jan. 21 - Feb. 19

There is no point complaining about a certain person's behaviour when what they are doing now is what they did yesterday and the day before that. It's in their nature, so either accept it or move away from their influence.

### Pisces

Feb. 20 - March 20

You need more fun in your life but you won't get it doing the same old things with the same old people. The planets are urging you to be more adventurous. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Abodes-in-buildings, e.g.
- Labels
- Biblical boats
- E! Canada host who previously hosted "So You Think You Can Dance Canada": 2 wds.
- Bulk containers
- London, ON's nickname: 2 wds.
- Meat cut
- Univ. paper
- Incite
- Be an active volcano
- Old music high notes
- Pick-up-sticks game
- "\_\_\_ There Yet?" (2005): 2 wds.
- Teeth-related
- Head's holder
- Headed
- "Bravo!"
- Ex-VP Al
- Papua New Guinea seaport
- "The Daily Show" host Jon
- London, ON university
- Legume
- Lady Gaga song
- Lady's man
- Computer key
- Actress Ms. Cannon
- Does canine work
- \_\_\_ beaucoup!
- Veggie of Japan



- Venus de \_\_\_ (Ancient statue)
- Lost & \_\_\_
- Waning waves
- "Platoon" (1986) war, for short
- Designer, Christian \_\_\_ (b.1905 - d.1957)
- PM Harper's hockey book: 3 wds.

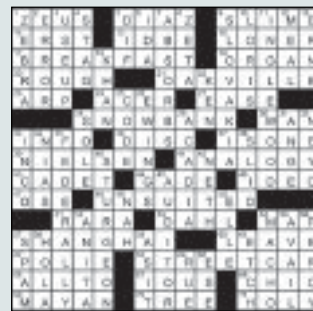
- Prefix meaning 'High'
- Canadian actress who starred in 1933's "42nd Street": 2 wds.
- "\_\_\_ have you decided yet?" (Er, like, did you make up your mind?)
- Wall St. landmark, commonly

- Fewer
- Bruce Wayne's butler
- Celebrity magazine
- Scottish pattern
- "\_\_\_ Devil" (1989)
- Musician Mr. Puente
- Rio Tinto \_\_\_ (Aluminum company based

- in Montreal)
- Soaring
- Band's performance
- "It's all \_\_\_" (Foggy memory comment)
- Canadian painter, Jean Paul \_\_\_ (b.1923 - d.2002)
- Sweaters and

- scarves
- US tax ID
- Food additive
- Deli bread
- Makes much money: 2 wds.
- Pack
- Cat call
- Apple/snake lieu
- 1992 Disney animated flick
- "Madame Curie" (1943) director, Mervyn \_\_\_
- Salad green
- Internet junk
- Cinematic federal agency, \_\_\_ Canada
- Have carrots or potatoes, basically: 2 wds.
- "Heart and Soul" '80s group
- Hair salon task
- BC city in the northern Okanagan
- Conclusion
- Scotiabank Saddledome team
- Actress/entrepreneur Suzanne
- Oddity
- Does as instructed
- \_\_\_ es Salaam, Tanzania
- Create cupcakes
- Fr. holy woman
- Brother's sis, to Mom [abbr.]
- Son-of-a-\_\_\_
- Collective Soul song

## Yesterday's Crossword

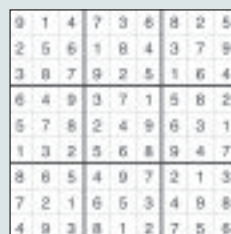


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

### TODAY



MAX: -19°  
MIN: -26°

### SATURDAY



MAX: -23°  
MIN: -29°

### SUNDAY



MAX: -21°  
MIN: -23°

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